



An Invitation to Health

By Lara Lauzon (Author) Dianne Hales (Author)

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AN INVITATION TO HEALTH, Brief Third Edition introduces students to research, information, and recommendations related to health and healthy lifestyles. Praised for its clear and engaging writing style, Dianne Hales' text addresses the issues related to health and wellness that can affect college students now and in their future. Reviewed by over 40 instructors, this informative text focuses on change and prevention and supplies students with the lessons they'll need to make responsible, healthy decisions in their daily lives. In addition, AN INVITATION TO HEALTH, Brief now comes with a wide range of teaching and learning resources! Besides the exclusive offerings of the CNN Video Today series and InfoTrac College Edition, or the extensive PowerPoint and Online teaching support, each copy of the text comes packaged with the exciting and interactive PROFILE PLUS CD-ROM. This CD-ROM includes self-paced, guided activities appropriate for all health students. Whether supporting active learning or active teaching, this text has it all!

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