

ESSENTIAL CONCEPTS FOR HEALTHY LIVING BY SANDRA ALTERS, WENDY SCHIFF



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Thoroughly revised and updated, Essential Concepts for Healthy Living, Sixth Edition provides students with a clear and concise introduction to the latest scientific and medical research in personal health. With its unique focus on critical thinking and analysis of health-related behaviors and attitudes, this text enhances students' understanding of their own health needs and presents the scientific background necessary for students to think critically about the reliability of health-related information they encounter in the media. New to the Sixth Edition Updated Design - interior layout has been upgraded and modernized Includes Healthy People 2020 and MyPlate New sections added - Transgender, Anti-Drug Vaccines, Alcohol-related injury deaths in college students, Electronic cigarettes, or e-cigarettes, Celiac Disease, Consumer Health: CAM Products and Colds, and more

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Don't let the cover fool you - this is a great entry-level resource for health and lifestyle!

By Chari

I really enjoyed this book! I bought it for my Health and Lifestyle class (college) and I was pretty happy with it! It's easy to read and very informative. There were a few important subjects that my teacher felt were left out, and I agree, but it does a pretty good job of giving a well-rounded entry-level education to those interested in healthy living. We ended up not using the Access Code, so I can't vouch for that.

The cover looks a bit dated, but the book is not! Of course, healthy living information and standards are ever-changing, so this book will most likely be outdated soon. I got mine for a very good price, so I think I may just keep it.

0 of 0 people found the following review helpful.

Five Stars

By Christine Toth

Exactly the book I needed

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