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The most reliable and widely used personal health text, Connect Core Concepts in Health utilizes the science behind health to teach and motivate students about their wellness. The thirteenth edition provides current, accurate, scientifically based information about a wealth of health and wellness topics and issues. The 13th edition's online program is now seamlessly and deeply integrated with Blackboard and Blackboard related course management systems. Featuring interactive multimedia-driven activities and assessments, such as quizzes, video activities, health assessments, Internet research activities, online behavior change workbook, a fitness and nutrition log, and a multimedia eBook, this program is perfect for any hybrid or online

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course. Most activities and assessments are auto graded, entered into the grade book, and automatically uploaded to blackboard. This saves you time, holds your students accountable, and allows for seamless Course Management integration.

Insel and Roth, Core Concepts in Health pioneered the concept of personal responsibility for health and individual behavior change back in 1976. Now in its 11th edition, it is still the market leader and is known for its scientific research base and its currency, comprehensiveness, and accuracy.

McGraw-Hill Education's digital and teaching learning tools are built on the solid foundation of Connect Core Concepts in Health's authoritative, science-based content. Connect Core Concepts in Health is written by experts who work and teach in the fields of exercise science, medicine, physical education, and health education. Connect Core Concepts in Health provides accurate, reliable, and current information on key health and wellness topics while also addressing issues related to mind-body health, research, diversity, and consumer health. The pedagogical program for the Sixteenth Edition maintains important features on behavior change, personal reflection, critical thinking, and other key content and skills.

Connect Core Concepts in Health remains the leading health textbook in U.S. higher education. The book's unique psychological approach to mind-body health encourages students to take proactive self-assessments. Students can stay current on the latest studies while learning how to negotiate cross-cultural ideas of what it means to be healthy and how to live in our diverse, consumer-oriented society. McGraw Hill Education's digital and teaching-learning tools also integrate Connect Core Concepts in Health's authoritative, science-based content. The seventeenth edition features new research-based coverage of the use of digital technology, including new Tech Tips in every chapter that help students take advantage of apps and tech-based devices that will help them reach their fitness and wellness goals. Additionally, every chapter has been updated to reflect current scientific thinking, data, and statistics from such authoritative sources as the Centers for Disease Control and Prevention, the American Cancer Society, the American Heart Association, the U.S. Food and Drug Administration, and the U.S. Department of Agriculture.

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This book is entirely up to date to reflect recent changes in technology and AIS practice. Covers such subjects as EDI, reengineering, neural networks, client/server, computer security, and events accounting.

Now in its 4th edition, this text continues to give you a complete and concise overview of mental health and all the issues that surround it from a theoretical and practical perspective. Restructured into 4 sections, the book starts by defining mental health and mental abnormality before examining the mental health services and the place mental health takes in society. Fully updated, the book offers: 66 bite-sized chapters including new ones on the Biopsychosocial Model, trauma and mindfulness Key points summarising what you need to know for study and practice Examples of further reading to help you expand your knowledge It is essential reading for students of health, nursing, mental health, social work and social care. It is also valuable reading for students of counselling and psychotherapy.

The most reliable and widely used personal health text, Connect Core Concepts in Health utilizes the science behind health to teach and motivate students about their wellness. The thirteenth edition provides current, accurate, scientifically based information about a wealth of health and wellness topics and issues. The 13th edition's online program is now seamlessly and deeply integrated with Blackboard and Blackboard related course management systems. Featuring interactive multimedia-driven activities and assessments, such as quizzes, video activities, health assessments, Internet research activities, online behavior change workbook, a fitness and nutrition log, and a multimedia eBook, this program is perfect for any hybrid or online course. Most activities and assessments are auto graded, entered into the grade book, and automatically uploaded to blackboard. This saves you time, holds your students accountable, and allows for seamless Course Management integration. Connect is the only integrated learning system that empowers

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