



**An Invitation to Wellness: Making Healthy Choices (with Lab Booklet and CengageNOW, InfoTrac 1-Semester Printed Access Card)
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Dianne Hales

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AN INVITATION TO WELLNESS presents the dimensions of wellness within a manageable 15 chapters. This new text teaches students that wellness is about taking responsibility and making healthy choices. There is a strong emphasis on behavior change, including "The Wellness Coach" lists, "Making Healthy Choices" and "Your Action Plan" sections, and the "Wellness Journal." From the engaging writing to the practical pedagogy, students are given the tools they need to understand the importance of good health, as well as how the topics relate to their own lives, which also help students see the relevance for why they are taking the course. Additionally, there are a series of teaching and learning resources that stand above the rest. Included is the new HealthNOW online assessment resource that will help students understand their knowledge of the material and provide interactive study tools that will engage them in the material. From the text, to the classroom, to the household, AN INVITATION TO WELLNESS will match the course objectives and drive students to live a healthy lifestyle.

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