



Your Health Today: Choices in a Changing Society

Michael L. Teague , David Rosenthal , Sara Mackenzie

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It's not just Personal! "Your Health Today" teaches personal health from a truly inclusive and socially responsible perspective. While each of us has a unique set of individual characteristics that shape our health, other environmental factors have an impact on our well being too. Your Health Today incorporates the individual, interpersonal, and broader social factors that affect our health, acting as a guide for healthy living in college and beyond.

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From Reader Review Your Health Today: Choices in a Changing Society for online ebook

Annie says

lots of typos. oklahoma city bombing did NOT take place in 1999, positive energy balance causes weight GAIN, not loss.

Olivia says

This was hilarious at parts, like the page that talked about masturbation which had a picture of Harry, Hermione, and Ron for some unexplained reason.

Josiphine/Tessa says

Meh.

Hieeur Nguyeenx says

good
