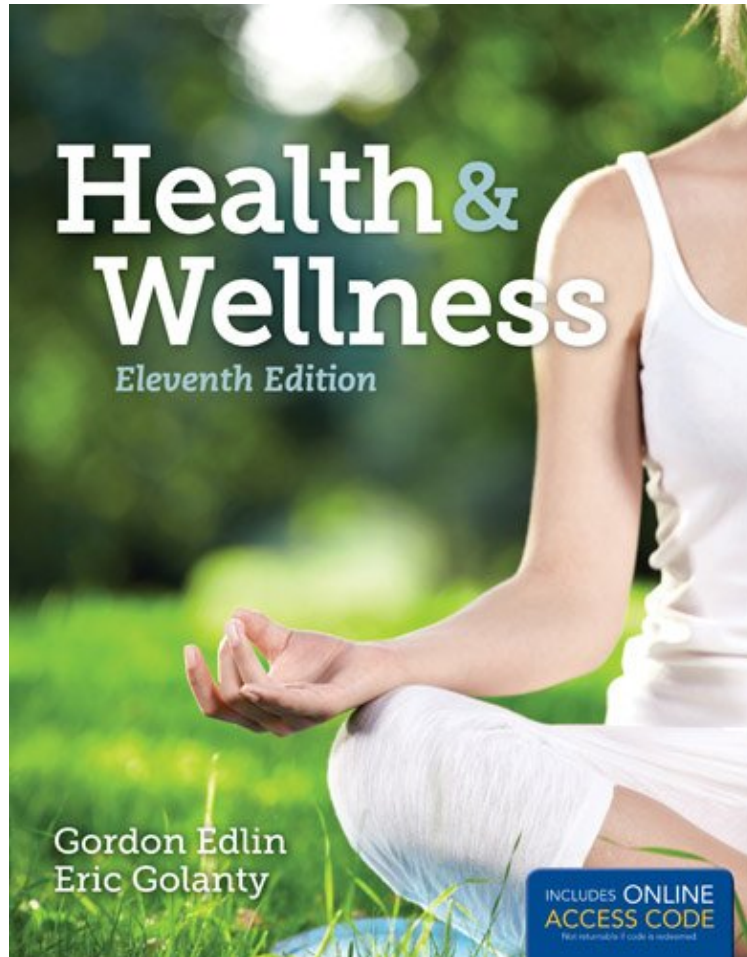


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Health Wellness, 11th Edition

Gordon Edlin, Eric Golanty

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Gordon Edlin, Eric Golanty : Health Wellness, 11th Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Health Wellness, 11th Edition:

1 of 1 people found the following review helpful. Mixed FeelingsBy EmpathyOn one hand I think this book is great because it's philosophy is based on holistic health - the total approach for health, which is fabulous. There is a subtle (and sometimes blatant) underlying theme of balancing the mind and body. Additionally there is an underlying theme of self-care, which generates interest because the Western approach to medicine usually strictly focuses on the body only and correcting health with strictly medicine.On the other hand, I found this book to be extremely dry at times. Sometimes I lost focused and had to keep re-reading certain passages. Some textbooks I can read from cover to cover and keep an interest. Sadly, this was not one of those books. Generally, I find healthcare to be a fascinating topic, but there are some dry aspects to healthcare, so I didn't want to ding the book based on that. If I could, I would give the book 3.5 stars, not quite a 3, but not quite a 4 either.2 of 2 people found the following review helpful. Inaccurate and Policy drivenBy Jim WrightI ordered this book as the text for a class on Wellness Principles and I had hoped that this

book would be a source of useful information about healthy living in all aspects of life, but I haven't gotten past the first chapter of this book yet and already I feel like I am reading a government policy news release. If the rest of this book follows the model evident in this opening chapter I will be deeply disappointed. So far I am finding that well-researched data is secondary in importance to advocating for government policy, specifically the "Healthy People 2010" plan released by the government. Most of the first chapter is focused on this plan, missing the opportunity to discuss in any meaningful way how college students and everyone else can make healthy decisions, focusing on the less than 5% of college students not using contraceptives rather than on the ever increasing problems resulting in the binge-drinking and general alcohol abuse that is such a problem among college students that leads to unprotected sex, violence, car accidents, etc. When discussing eating healthy it avoids ideas such as learning to recognize healthy option even when one is in a hurry and has to drive-thru and goes instead with inflammatory claims that fast food vendors are purveyors of Type 2 Diabetes knowingly damaging their customers' health to make a profit. The the insistence that "fatty foods" are the cause of all of America's worst health risks not caused by tobacco, a claim that has been in doubt for more than the last 3 years, but this book sells it as incontrovertible fact, is worrisome enough, but that it also claims that Diabetes is treated with low fat diets and drugs, making no mention at all about carbohydrate intake and the use of the glycemic index is distressingly inaccurate. There is also the disturbing insinuation that it is every person's responsibility to make healthy choices for the entire community via political means.If every chapter follows this model I hold very little hope for this book. I would recommend "Essentials of Managing Stress" by Brian Seaward long before even mentioning this book. Seaward's book addresses healthy living in a well-researched way with reference to various schools of thought and a lot of information on how your body processes stresses and how healthy choices in all areas of life can be made no matter what one's circumstances may be.0 of 0 people found the following review helpful. Five StarsBy IRENE DELGADILLOGREAT

Revised and updated throughout with the latest data and statistics, the Eleventh Edition of Health Wellness engages students with specific tips and guidelines to help them evaluate and improve their health habits. The text, along with the accompanying website, encourages students to learn the skills they need to enhance the quality and longevity of their life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for ones behavior. The For Your Health Study Guide and Self-Assessment Workbook is now available in the back of the book at no additional cost. Perforated pages allow lab activities to be submitted for evaluation and grading.