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Health Health First Aid for Colleges and Universities Global Burnout The Cost Disease Health and Wellness Leaders Who Changed History Transforming Acquisitions and Collection Services Principles of Virology, Volume 1 Understanding Policy Change Oxford Handbook for the Foundation Programme 'Mission Creep': A Case Study In U.S. Involvement In Somalia Fashion Marketing Access to Health Philosophy Your Health Today: Choices in a Changing Society Experiments in Basic Circuits Foundations of Computational Mathematics Mapping the Ottomans River Dynamics My Health Access to Health My Health, Books a la Carte Edition Recording, Documentation and Information Management for the Conservation of Heritage Places Ships and maritime landscapes Exploring Lifespan Development The Troubles in Northern Ireland and theories of social movements Books a la Carte for Access to Health, Green Edition Human Sexuality in a Changing World Natural Liberty Understanding Psychology Myspsychlab Pegasus Student Access Code Card Sleep Disorders in Children Get Fit, Stay Well! Books a la Carte Edition Bad Kitty Camp Daze Our Lady's Juggler Nester's Microbiology Air University Au-1 Style and Author Guide Weapon of Choice Hello Kitty & Friends Coloring Book Art In Focus, Student Edition

Global Burnout May 30 2023 Available for the first time in English and freshly adapted as the acclaimed documentary Burning Out, Pascal Chabot's polemic treatise - Global Burnout - takes the phenomenon we call burnout as not just an individual problem that affects a few exhausted people, but rather 'a disease of civilization', connected to concepts of progress, technology, and desire, which are the hallmarks of this era of experimentation. First analysing the archaeology of the concept, Chabot distinguishes three main types of burnout: the first, specific to professions who help others, appears to be the exhaustion of their humanism; the second, a trouble of adaptation and perfectionism; and the third, which is a consequence of the struggle for recognition. The philosophical implications of each of these three states is identified, allowing Chabot to buck the trend towards a negative, nearly fatalistic outlook, something not surprising considering the intrinsic gravity of the subject matter. An

excellent story teller as well as an adequate elaborater of complex theories, Chabot's *Global Burnout* presents an introduction to the topic and therapy for the modern reader.

Health Aug 01 2023 This edition features the exact same content as the traditional book in a convenient, three-hole-punched, loose-leaf version. Books a la Carte also offer a great value for your students--this format costs 35% less than a new textbook. Health starts here! With an emphasis on media, the new *Health: The Basics, Tenth Edition* features robust relatable content, bringing health topics to life and keeping students hooked on learning and living well. Now enhanced with an even more comprehensive package of easy-to-use media and supplements, this edition makes teaching and learning personal health extra dynamic. The Tenth Edition includes new ABC News videos, more online worksheets, new course management and eText options, Tweet Your Health, new student "behavior change video log (vlog)" videos, countless new teacher supplements, and more. These resources bring personal health to life in any form--in the classroom, online, or on the iPad. These tools all motivate students to be more interested in the book content and invest in their health. This package contains: Books a la Carte for *Health: The Basics, Tenth Edition*

My Health, Books a la Carte Edition Oct 11 2021 This loose-leaf, three-hole punched version of the textbook gives students the flexibility to take only what they need to class and add their own notes--all at an affordable price. For courses in personal health (health & kinesiology). Mindful students equal successful students The 3rd Edition of *My Health* delivers the latest in personal health, including a new mindfulness theme where research on the benefits of mindfulness practices and the tools to incorporate them in all aspects of health are included in new modules. The book's modular organization allows students to focus on learning the core material they need to know, while Learning Outcomes and review questions provide immediate feedback on what they've learned, allowing them to customize their study plan. Meanwhile, a concise text and a comprehensive supplements package allow instructors to zero in on what students need--without the jargon--making personal health courses more rewarding. Also available with Mastering Health Mastering(TM) is the teaching and learning platform that empowers you to reach every student. By combining trusted author content with digital tools developed to engage students and emulate the office-hour experience, Mastering personalizes learning and often improves results for each student. NOTE: You are purchasing a

standalone product; Mastering(TM) Geography does not come packaged with this content. Students, if interested in purchasing this title with Mastering Geography, ask your instructor to confirm the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. If you would like to purchase both the loose-leaf version of the text and Mastering Geography, search for: 0134738268 / 9780134738260 My Health, Books a la Carte Plus MasteringHealth with Pearson eText -- Access Card Package, 3/e

Health Sep 02 2023 Health starts here! With an emphasis on media, the new Health: The Basics, Tenth Edition features robust relatable content, bringing health topics to life and keeping you hooked on learning and living well. Now enhanced with an even more comprehensive package of easy-to-use media and supplements, this edition makes teaching and learning personal health extra dynamic. The Tenth Edition includes new ABC News videos, more online worksheets, new course management and eText options, Tweet Your Health, new student "behavior change video log (vlog)" videos, countless new teacher supplements, and more. These resources bring personal health to life in any form-in the classroom, online, or on the iPad. These tools all motivate students to be more interested in the book content and invest in their health.

First Aid for Colleges and Universities Jun 30 2023 This book presents the most complete information available from elementary facts to instructions for effective improvisation vital to successful first aid. Primarily focusing on the most common accidents and emergencies a first-aider is likely to encounter, this book is extremely useful to anyone who practices first aid, emergency care, and CPR. Presents a clear, expanded version of legal duty, including guidelines on how to avoid legal liability, culpability for negligence or failure to act. Incorporates a newly added section on how first-aiders can protect themselves from injury and infection in the course of providing care. Features an entirely new section on dental emergencies, providing a thorough understanding of how to treat common dental problems and the importance of providing immediate care. Provides a concise description of body systems, including a succinct summary of what constitutes an emergency involving each system and how to assess; includes comprehensive information on personal protection from the risks posed by blood and air-borne diseases and what to do at an accident scene. For those who perform first aid, emergency care, and/or CPR.

Exploring Lifespan Development Jul 08 2021 Now published by SAGE!
Exploring Lifespan Development, Fourth Edition, the essentials version of

Development Through the Lifespan, Seventh Edition, by best-selling author Laura E. Berk, includes the same topics, the same number of chapters, and the same outstanding features, with a focus on the most important information and a greater emphasis on practical, real-life applications. The text's up-to-date research, strong multicultural and cross-cultural focus, along with Berk's engaging writing style, help students carry their learning beyond the classroom and into their personal and professional lives. Included with this title: LMS Cartridge: Import this title's instructor resources into your school's learning management system (LMS) and save time. Don't use an LMS? You can still access all of the same online resources for this title via the password-protected Instructor Resource Site. Learn more.

Sleep Disorders in Children Jan 02 2021 This book is both an exam guide to children's sleep medicine and a practical manual for diagnosis and management of sleep disorders in children. An overview of the most frequent sleep disorders encountered in newborns, infants, children and adolescents is provided. This book discusses the main sleep disorders in detail, including insomnia, respiratory disturbances, movement disorders during sleep, circadian rhythm disorders, parasomnias, and disorders associated with increased sleepiness. It also covers sleep disorders associated with neurological, psychiatric, and medical diseases. This book is divided into two parts. The first part is an introduction to childhood sleep physiology and pathology, epidemiology of sleep disorders, and diagnostic procedures. The second part describes the most frequent sleep disorders in greater depth. Sleep Disorders in Children is aimed at sleep researchers, pediatricians, child neurologists and child psychiatrists, as well as patient organizations and families with affected children.

Art In Focus, Student Edition Apr 24 2020 Student workbook

***Our Lady's Juggler* Sep 29 2020**

Books a la Carte for Access to Health, Green Edition May 06 2021

Human Sexuality in a Changing World Apr 04 2021 For survey courses in Human Sexuality A contemporary overview of human sexuality that fosters personal reflection and critical thinking Human Sexuality in a Changing World provides a clear overview of this diverse field, aimed at helping students see the effects of both biology and culture upon human sexuality. In order to foster a more personal and impactful learning experience, authors Spencer Rathus, Jeffrey Nevid, and Lois Fichner-Rathus encourage students to reflect upon their own beliefs and experiences as they proceed through the text. In addition to the latest research, the Tenth Edition has

been updated with new content on the ways in which the Internet and digital devices have impacted sexuality in many contemporary societies. **Human Sexuality in a Changing World, Tenth Edition** is also available via Revel(tm), an interactive learning environment that enables students to read, practice, and study in one continuous experience.

Hello Kitty & Friends Coloring Book May 25 2020 With dozens of beautiful, detailed illustrations, this stunning coloring book captures the essence of Hello Kitty and her Sanrio friends—all waiting to have their world colored in by you! For artists and Sanrio fans of all ages. With dozens of beautiful, detailed illustrations, this stunning coloring book captures the essence of Hello Kitty and her Sanrio friends—all waiting to have their world colored in by you! For artists and Sanrio fans of all ages.

Weapon of Choice Jun 26 2020 First published in 2003, this is the first unclassified official history authored by the U.S. Army Special Operations Command relating to Operation Enduring Freedom. Contains extensive maps and illustrations. Previously difficult to obtain, this extensive study shows what Army Special Operations Forces (ARSOF) accomplished to drive the Taliban from power and to destroy al-Qaeda and Taliban strongholds as part of the global war on terrorism during Operation Enduring Freedom.

Ships and maritime landscapes Aug 09 2021 This volume gathers 88 contributions related to the theme 'Ships and Maritime Landscapes' of the Thirteenth International Symposium on Boat and Ship Archaeology (ISBSA 13) held in Amsterdam on the 7th to 12th October 2012. The articles include both papers and poster presentations by experts in the field of nautical archaeology, history of ships and shipbuilding, and naval architecture. The contributions deal not only with the theme of maritime landscapes but also with a variety of ship related subjects, like regional watercraft, construction and typology, material applications and design, outfitting, reconstruction and current research.

Health and Wellness Mar 28 2023 **Health and Wellness, Tenth Edition** is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of 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 one's behavior.

Nester's Microbiology Aug 28 2020 Textbook for Environmental Microbiology.

Air University Au-1 Style and Author Guide Jul 28 2020 The Style Guide, part one of this publication, provides guidance to Air University's community of writers. It offers a coherent, consistent stylistic base for writing and editing. The Author Guide part two of this publication, offers simple, concise instructions to writers who wish to submit a manuscript to AUPress for consideration.

Understanding Policy Change Nov 23 2022 This book provides the reader with the full panoply of political economy tools and concepts necessary to understand, analyze, and integrate how political and social factors may influence the success or failure of their policy goals.

Natural Liberty Mar 04 2021 At head of title: Sage-Femme Collective.

Fashion Marketing Aug 21 2022 'Clothing that is not purchased or worn is not fashion' (to paraphrase Armani) Knowledge of marketing is essential to help ensure success and reduce the risk of failure in fashion. For the designer starting up in business, this book offers a guide to the major decisions that will enable you to fulfil your creative potential and be a financial success: What are the major trends we should be monitoring?; How should we set our prices?; What is the most effective way to get our message across about the new product range?; Which colour-wash will be the most popular with buyers? Marketing is now a firmly established element of most fashion and clothing courses. Fashion Marketing is written to meet students' requirements and has many features making it essential reading for anyone involved in the fashion and clothing business: · deals with contemporary issues in fashion marketing · up-to-date examples of global good practice · exclusively about fashion marketing · a unique contribution on range planning with a practical blend of sound design sense and commercial realism · a balance of theory and practice, with examples to illustrate key concepts · clear worked numerical examples to ensure that the ideas are easily understood and retained · over 50 diagrams · a glossary of the main fashion marketing terms and a guide to further reading · a systematic approach to fashion marketing, not hyperbole or speculation. The new edition has been updated throughout with new material on different promotional media, visual marketing and international marketing research; and new coverage of internal marketing, supply chain management, international marketing communications as well as the role of the internet. See www.blackwellpublishing.com/easey for supporting pack for tutors, including PowerPoint slides for each chapter plus ideas and exercises for seminars.

Bad Kitty Camp Daze Oct 30 2020 Kitty's life is really hard. Like really,

REALLY hard. All she asks for is twenty-two hours a day to sleep and food to be delivered morning and night. But does she get it? No. And when Puppy and Baby get a little rambunctious during her naptime, Kitty gets bonked on the head and starts to believe she's . . . a dog. This new dynamic freaks out Puppy, so he's sent away to Uncle Murray's Camp for Stressed-Out Dogs to relax with other canine campers. But guess who sneaks along? Still believing she's a dog, Kitty fits right in. That is until she and Uncle Murray encounter a bear, and then the feline claws come out. Nick Bruel's Bad Kitty Camp Daze is perfect for any kid with or without camping experience.

Understanding Psychology Myspsychlab Pegasus Student Access Code Card Jan 31 2021

Access to Health Nov 11 2021 The newly revised Access to Health, Tenth Edition features a new reader friendly design. Long known for its currency, research, and strength in behavior change for personal health readers, the Tenth Edition provides a consistent framework for motivating readers to make healthy life choices. The revised edition's updated coverage includes a revised fitness chapter with greater focus on daily physical activity, updated nutrition chapter using the 2005 dietary guidelines, and increased information on coping with stress. Hot topics include the latest on fad-diets, sleep, and the role spirituality plays in our lives will engage reader interest. Promoting Healthy Behavior Change, Psychosocial Health: Being Mentally, Emotionally, Socially, and Spiritually Well, Managing Stress: Coping With Life's Challenges, Violence and Abuse: Creating Healthy Environments, Healthy Relationships: Communicating Effectively with Friends, Family, and Significant Others, Sexuality: Choices in Sexual Behavior, Reproductive Choices: Making Responsible Decisions, Nutrition: Eating for Optimum Health, Managing Your Weight, Personal Fitness: Improving Health Through Exercise, Addictions and Addictive Behavior: Threats to Wellness, Drinking Responsibly: A Lifestyle Challenge on Campus, Tobacco and Caffeine: Daily Pleasures, Daily Challenges, Illicit Drugs: Use, Misuse, and Abuse, Cardiovascular Disease: Reducing Your Risk, Cancer: Reducing Your Risk, Infectious Diseases and Sexually Transmitted Infections: Risks and Responsibilities, Noninfectious Conditions: The Modern Maladies, Healthy Aging: A Lifelong Process, Dying and Death: The Final Transition, Environmental Health: Thinking Globally, Acting Locally, Consumerism: Selecting Health Care Products and Services, Complementary and Alternative Medicine: New Choices and Responsibilities for Healthwise Consumers For all readers interested in

personal health and making healthy life choices.

***Principles of Virology, Volume 1* Dec 25 2022** Principles of Virology is the leading virology textbook because it does more than collect and present facts about individual viruses. Instead, it facilitates an understanding of basic virology by examining the shared processes and capabilities of viruses. Using a set of representative viruses to present the complexity and diversity of a myriad of viruses, this rational approach enables students to understand how reproduction is accomplished by known viruses and provides the tools for future encounters with new or understudied viruses. This fully updated edition represents the rapidly changing field of virology. A major new feature is the inclusion of 26 video interviews with leading scientists who have made significant contributions to the field of virology. Applicable courses: undergraduate courses in virology and microbiology as well as graduate courses in virology and infectious diseases.

***Your Health Today: Choices in a Changing Society* May 18 2022**

***River Dynamics* Jan 14 2022** Rivers are important agents of change that shape the Earth's surface and evolve through time in response to fluctuations in climate and other environmental conditions. They are fundamental in landscape development, and essential for water supply, irrigation, and transportation. This book provides a comprehensive overview of the geomorphological processes that shape rivers and that produce change in the form of rivers. It explores how the dynamics of rivers are being affected by anthropogenic change, including climate change, dam construction, and modification of rivers for flood control and land drainage. It discusses how concern about environmental degradation of rivers has led to the emergence of management strategies to restore and naturalize these systems, and how river management techniques work best when coordinated with the natural dynamics of rivers. This textbook provides an excellent resource for students, researchers, and professionals in fluvial geomorphology, hydrology, river science, and environmental policy.

Oxford Handbook for the Foundation Programme Oct 23 2022 The Oxford Handbook for the Foundation Programme returns for a new edition with clear and thorough clinical guidance and honest advice to help you excel in your first two years as a doctor. This edition has been fully updated in line with the latest guidelines and gives you practical, step-by-step guidance on everything from neurological to gastroenterological presentations.

Emergency presentations are easily identifiable, giving you fast access to the information you need. This edition also includes a fully revised chapter

on pharmacopeia with references to the British National Formulary, as well as chapters on practical procedures and interpreting results, acting as a guide for surviving on - and off - the wards. The Oxford Handbook for the Foundation Programme is also a unique resource for things they don't teach you at medical school about being a doctor and life on the wards. The authors have drawn on their own experiences and careful research to help you understand issues ranging from your pay and pension, stress and workplace relations, paperwork, and career development. This is an excellent resource for Foundation Programme trainees and medical students preparing themselves for life as a doctor. With this pocket-sized guide at your side you'll never be alone on the wards again.

The Troubles in Northern Ireland and theories of social movements Jun 06 2021 This volume seeks to move beyond structure and agency perspectives by suggesting that social movement theories are best suited to foster a perspective that entails 1) an actor-based approach to the Troubles; and 2) the contextualization of contentious politics, or how the contingent and ever-evolving political contexts/opportunities/threats shaped the trajectory of the Troubles. Recent social movement scholarship has proved to be particularly useful in situating the emergence, continuation, and demise of political violence within a larger context of multiple conflicts, in which radical contention is only one possible outcome. Social movement theories also avoid the essentialization of political groups as 'radical' or 'violent'; instead, they place all political actors participating to contention, from paramilitaries to state authorities, within their complex organizational fields, emphasizing their shifting strategies as they interact with each other and adapt to the political context.

'Mission Creep': A Case Study In U.S. Involvement In Somalia Sep 21 2022 This monograph explores the problem of mission creep. The trend toward ethnic and regional unrest has characterized the world security environment since the breakup of the former Soviet Union. The U.S. has struggled to find its place in the new world order. As a result US military forces have increasingly found themselves involved in various operations other than traditional warfare. Often the political aims of these operations are difficult to identify and translate into military operational objectives and end states. Worse yet, the political aims themselves are prone to rapidly shift and evolve from those originally intended, leaving the military commander the difficult task of catching up with policy or even guessing at the political objectives. This uncertain environment sets the conditions for

the delinkage between the political goal and military operations which may result in disaster. The monograph examines US operations in Somalia to provide the data for the analysis in order to determine the factors which contribute to mission creep. Examining US-Somalia policy from 1992 (Operation Restore Hope) to Oct. 1993 (United Nations Operations in Somalia II) this monograph analyses the evolution of national policy objectives and the military and political operations undertaken to achieve those objectives. An analysis of operational and tactical objectives and end states as well as military methods determines the factors which contributed to the failed US involvement in UNOSOM II. In addition, the monograph identifies the Somali geo-political, historical, cultural, and economic factors which influenced US operations. This monograph concludes that contradictory and uncoordinated national strategy and political policy resulted in poor operational planning and execution. There were also significant factors at the operational level which contributed to the failed US intervention.

Transforming Acquisitions and Collection Services Jan 26 2023 This book explores ways in which libraries can reach new levels of service, quality, and efficiency while minimizing cost by collaborating in acquisitions. In consortial acquisitions, a number of libraries work together, usually in an existing library consortia, to leverage size to support acquisitions in each individual library. In cross-functional acquisitions, acquisitions collaborates to support other library functions. For the library acquisitions manager, technical services manager, or the library director, awareness of different options for effective consortial and cross-functional acquisitions allows for the optimization of staff and resources to reach goals. This work presents those options in the form of case studies as well as useful analysis of the benefits and challenges of each. By supporting each other's acquisitions services in a consortium, libraries leverage size to get better prices, and share systems and expertise to maximize resources while minimizing costs. Within libraries, the acquisitions function can be combined with other library functions in a unit with more than one purpose, or acquisitions can develop a close working relationship with another unit to support their work. This book surveys practice at different libraries and at different library consortia, and presents a detailed description and analysis of a variety of practices for how acquisitions units support each other within a consortium, and how they work with other library units, specifically collection management, cataloging, interlibrary loan, and the digital repository, in the form of case studies. A final section of the book

covers fundamentals of collaboration.

The Cost Disease Apr 28 2023 Traces the fast-rising prices of health care and education in the United States and other major industrial nations, examining the underlying causes which have to do with the nature of providing labor-intensive services.

***Mapping the Ottomans* Feb 12 2022** This book examines how Ottomans were mapped in the narrative and visual imagination of early modern Europe's Christian kingdoms.

Recording, Documentation and Information Management for the Conservation of Heritage Places Sep 09 2021 This two volume guide provides a comprehensive overview of the fundamental principles and guidelines for documenting cultural heritage places. It seeks to aid heritage managers and decision makers in understanding their roles and responsibilities in this essential activity. Volume 1 (Guiding Principles) explains why heritage managers must make sure that heritage information fully integrated into all research, investigation and conservation activities. Through the discussion of basic principles, benefits and new approaches, it assists those in charge of preserving immovable cultural heritage by bringing current heritage information practices to a new level. By recording we create a reference for evaluating change and add to the understanding of a site. By documenting we guarantee that information is systematically collected and preserved for future use. By managing the information we make it available and provide a basis for sharing our knowledge and understanding. Volume 2 presents illustrated examples from around the world. Good documentation of a site allows for better understanding of the site's value. Recognizing value and significance is often the first step toward a site's eventual conservation. The information obtained through the documentation process allows conservation professionals to record current conditions, consider appropriate conservation options, plan interventions, apply treatments, and finally, measure the results of their efforts. Documentation can be a tool in resolving a conservation issue. This volume presents several illustration examples from around the world, in various stages of conservation.

Experiments in Basic Circuits Apr 16 2022

Foundations of Computational Mathematics Mar 16 2022 Collection of papers by leading researchers in computational mathematics, suitable for graduate students and researchers.

Access to Health Jul 20 2022 The Thirteenth Edition of Access to Health makes personal health engaging for students to learn and easier for

instructors to teach by focusing on the most important real-world issues and topics, highlighting a focus on technology and money. Long known for its currency, research, and strength in behavior change, Access to Health provides key information through a consistent framework for motivating you to make healthy life choices. As a teacher, mentor, and researcher, Rebecca J. Donatelle knows the issues that are important to today's students. Through her friendly writing style she addresses your concerns and teaches them to be savvy and critical consumers of health information. The Thirteenth Edition adds new features highlighting health topics centering around money and technology issues. Additionally, the book references one Video Tutor per chapter with QR codes. You simply scan the code with a reader on their phone and quickly and easily view a short video that makes a tricky concept easy to understand. As always, the book's attractive design, imaginative art, unique mini-chapters, and robust media make learning personal health more accessible. Access to Health provides hands-on practical tools that help you effect healthy changes in your life. Note: If you are purchasing the standalone text or electronic version, MasteringHealth does not come automatically packaged with the text. To purchase MasteringHealth please visit www.masteringhealthandnutrition.com or you can purchase a package of the physical text + MasteringHealth by searching for 0321982746 / 9780321982742. MasteringHealth is not a self-paced technology and should only be purchased when required by an instructor.

Leaders Who Changed History Feb 24 2023 Explore the lives of more than 85 of the world's most transformational and influential leaders in politics, business, religion, humanitarianism, and the military with this innovative and boldly graphic book. Comprehensive in its scope and depth, and fully illustrated, Leaders Who Changed History profiles leaders from inspirational to insidious, those who changed the world for the better and those whose corruption left enduring scars. These figures hail from all walks of life - including political, military, religious, and business. Combining accessible text with specially commissioned illustrated portraits in a range of bold styles, photographs, infographics, and timelines, entries explore the lives and legacies of each individual in a fresh, visual way. Covering political masterminds and military geniuses such as Alexander the Great and Genghis Khan, great kings and queens like Elizabeth I and Catherine the Great, icons of religion and rebellion from Mohammad to the Dalai Lama to Mahatma Ghandi, and captains of industry, Leaders Who Changed History explores and explains the world-

changing actions of history's heroes and villains.

Philosophy Jun 18 2022 Engaging and compelling on every page, Velasquez's text helps you explore and understand philosophy while it helps you appreciate the relevance of philosophy to your day-to-day life and the larger social world. This trusted text combines clear prose and primary source readings to take you on a meaningful exploration of a range of philosophical topics, such as human nature, reality, truth, ethics, the meaning of life, diversity, and social/political philosophy. Carefully crafted built-in learning aids help you quickly master the material and succeed in your course.

Get Fit, Stay Well! Books a la Carte Edition Dec 01 2020 NOTE: This edition features the same content as the traditional text in a convenient, three-hole-punched, loose-leaf version. Books a la Carte also offer a great value; this format costs significantly less than a new textbook. Before purchasing, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of MyLab(tm) and Mastering(tm) platforms exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a Course ID, provided by your instructor, to register for and use MyLab and Mastering products. For courses in Fitness and Wellness. Helping individuals find the path to lifelong fitness Get Fit, Stay Well! gives individuals the targeted, personalized guidance they need to get started, keep motivated, and approach the next level in their own fitness and wellness. With dynamic media and content that activates learning, Get Fit, Stay Well! takes a personalized approach to fitness and wellness that readers can apply for life. Maintaining the highly praised hallmarks of previous editions--integrated case studies, three-pronged labs, graphics-rich design, and extensive strength training and flexibility photos and videos--the 4th Edition further engages individuals with new and vibrant infographics, programs, and activities to inspire thinking and discussion. Get Fit, Stay Well! also includes Mastering(tm) Health--giving readers the tools they need to adopt healthy habits today and tomorrow. Also available with Mastering Health Mastering Health is an online homework, tutorial, and assessment program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials provide individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand, and retain even the most difficult concepts. If you would like to purchase both the loose-leaf version of the text and MyLab and Mastering, search for: 0134448707 /

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***My Health* Dec 13 2021** When asked what their biggest challenges are for their course, students agree that there's too much to cover and not enough time. With **My Health: An Outcomes Approach**, we're giving you the tools you need to succeed. The organization of the book into modules allows you to customize your study plan to fit your particular time constraints.

Learning outcomes and "Check Yourself" review questions tied to these outcomes are part of each module, so you can learn the information and then test your understanding right away, getting immediate feedback on their progress. **My Health's** learning outcomes were developed and edited by instructors to ensure that they meet the course's needs nationwide.

Note: If you are purchasing the standalone text or electronic version, **MasteringHealth** does not come automatically packaged with the text. To purchase **MasteringHealth** please visit

www.masteringhealthandnutrition.com or you can purchase a package of the physical text + **MasteringHealth** by searching for

0321982991/9780321982995 . **MasteringHealth** is not a self-paced technology and should only be purchased when required by an instructor.

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