

The Complete Idiot S Guide To Healthy Relationship

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common sense guide to all aspects of health written for the lay person a good source for background information with frequent references for further reading or associations to contact for more information covers nutrition exercise emotional health sexuality and reproduction abused substances dental health environmental health effects safety medical care symptoms illness common fatal illnesses and coping with health problems published 1982

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personal health perspectives and lifestyles emphasizes the individual s personal responsibility for wellness by presenting general core and current health information to guide decision making the focus of the text is to present health topics including cultural racial ethnic and gender diversity identify risk factors and give students useful and sensible suggestions to reduce their risk for preventable diseases and conditions in order to achieve optimal levels of wellness for themselves friends and family filled with practical advice stimulating discussion questions and

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