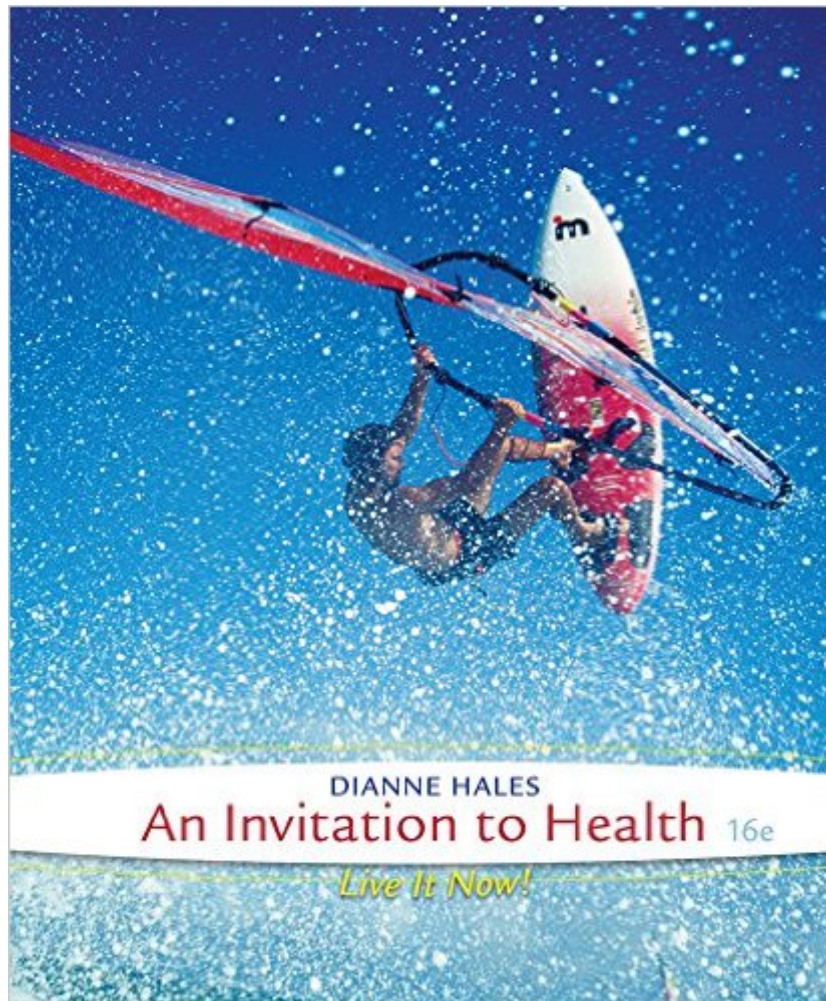


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# Cengage Advantage Books: An Invitation To Health



## Synopsis

In this new edition of the market-leading personal health text, Dianne Hales invites you to a future of healthy living by providing the information and tools they need to make healthy changes NOW. Delivering the most current and thorough coverage available, AN INVITATION TO HEALTH: Live it Now! integrates a comprehensive range of health concepts related to body, mind, and spirit with a wealth of applications for students' lives, including a new chapter on Consumer Health. Through MindTap, the text also includes a wealth of powerful learning tools to help you maximize your study efforts.

## Book Information

Series: Cengage Advantage Books

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (23 customer reviews)

Best Sellers Rank: #204,307 in Books (See Top 100 in Books) #49 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #65 in [Books > Medical Books > Nursing > Medical Nutrition](#) #1645 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

It's okay, most of the knowledge in the book are common things you should know. Or subjects a quick google search could answer. This was required for one of my classes and we talked about chapters in class. I will say that the book gave some nice points in topics our class could talk about.

Using this book for class was SOOOOOOOO boring! It is hundreds and hundreds of pages of statistics, with a little bit of interesting studies here and there. I read a lot because I'm a reader, but this text wore me out! If you're ordering this book then it's probably for a college class. Good luck and know that someone else feels your pain.

While I didn't fully read this textbook during my time in the course it was required for, much of what I

read was pretty much common knowledge, with certain pieces being a bit outdated/

A completely useless book. By someone who clearly doesn't understand that the internet has all this information plus a thousand times more it is yet to be used in class.

good quality. I got the binder version and it was still nice. used too. Love the contents. I used this for an online course.

This book was very interesting for my Science class. I actually kept the book, instead of trading it in, for future reference.

it was the exact book required for the class as a cheaper rate than the school bookstore.

Bought "brand new". Came without access code and has signs of being used.

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