



Understanding Your Health with Online Learning Center Bind-in Card

Wayne A. Payne, Dale B Hahn, Ellen B Lucas

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This text offers an exciting and practical approach to the teaching of the traditional content areas of personal health. Its two key themes--the six dimensions of health and the five developmental tasks--help students apply the text's content to their own lives by improving their decision-making skills. The new *PowerWeb: Personal Health*, linked by chapter in the Online Learning Center (and available free with every new copy of the text) provides students with the latest information in the constantly changing field of health.

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