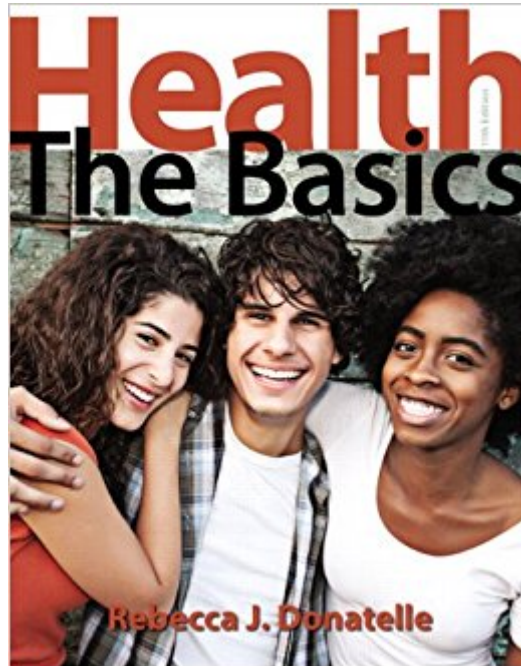




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# Health: The Basics (11th Edition)



## Synopsis

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MasteringHealth is not a self-paced technology and should only be purchased when required by an instructor. xxxxxxxxxxxxxxxxxxxxxxxxxxxxxx For Personal Health Courses    Connecting Your Health to Your World    The Money and Technology Edition    Health: The Basics, Eleventh Edition focuses health coverage on real-world topics that have the greatest impact on your life, bringing health topics to life and keeping you hooked on learning and living well. This text addresses students' diverse needs and learning styles with new Video Tutors and the new MasteringHealth. Along with its dynamic new content and technology, this book retains its hallmarks of currency, excellent research, strength in behavior change, attractive design, imaginative art, and unique mini-chapters. This program presents a better learning experience for you. Health: The Basics, Eleventh Edition will: Personalize learning with MasteringHealth: MasteringHealth coaches you through the toughest health topics. Engaging tools help you visualize, practice, and understand crucial content, from the basics of health to the fundamentals of behavior change. Cover health topics with a real-world focus: Money and Technology are two of the timeliest issues arising in health today and are addressed through the new Money & Health and Tech & Health boxes. A new mini-chapter targets financial challenges you face every day, such as budgeting, scams, and debt. Make health mobile: Video Tutors throughout the text present key figures or points of discussion in an engaging video. QR codes make these short videos easily viewable from a smartphone, tablet, or laptop. Encourage critical thinking and behavior change: Learning Catalytics is a bring your own device student engagement, assessment, and classroom intelligence system that enables your instructor to assess you in real time, improving your critical-thinking skills, access rich analytics, and more.

## Book Information

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## Customer Reviews

Rebecca Donatelle is Professor Emeritus in public Health and is the Coordinator of Public Health Promotion and Education Programs in the College of Health and Human Sciences at Oregon State University. She has a Ph.D. in Community Health/Health Education, a Master of Science degree in Health Education, and a Bachelor of Science degree with majors in both Health/Physical Education and English. She is also a Certified Health Education Specialist. In addition to her varied teaching responsibilities, Becky is an active researcher in the area of health behaviors and behavior change. She has received the Leadership Award, outstanding teacher award in her college, and a Robert Wood Johnson Foundation Presidential Award for Promising New Research in the Smoke-Free Families National Initiative.

Terrible to be force to read this in a class. All information on any topic in the book is widely available online. The organization is good, but if you want to learn about health there are other ways of going about it

This goes for a lot of textbooks in the Health industry, but most of the information is about 10-20 years old, and has been proven either wrong, or just more information that changes the way of thinking. Great book for someone who knows nothing about health, but common sense and recent research renders much of the book outdated.

Arrive on time, Perfect in all shape, color as in the image, no wear or tear. Exactly the book for the class Thanks

A good book for reference and write public health research articles !

When I did receive this used book there were alot of pages torn out and it was advertised as being

in acceptable good shape???? This was not acceptable for myself and the price I did purchase this for. Also I paid extra for a 2 day priority shipping and didn't get until 5 days later! Not to cool!!

was so helpful in getting the rented book to me timely. It is very educative and serving the purpose I got it for. In fact, more than its uses for my educational purposes, its more of eye opening in the knowledge of my personal health and how it relates to the environment, & vis versa. Im so glad I have it. The timeline of the rental is enough to aid my school works.

## EXCELLENT

Not the best textbook, but certainly not the worst! I feel sometimes like the book is trying to make me diagnose problems I don't actually have, but if I did have them I would want to know.

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