



Access to Health (10th Edition)

Rebecca J. Donatelle, Patricia Ketcham

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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.

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