



An Invitation to Health: Live It Now! Brief Edition

By Dianne Hales

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An Invitation to Health: Live It Now! Brief Edition By Dianne Hales

Start making healthier choices now for a lifestyle of healthy living with AN INVITATION TO HEALTH: LIVE IT NOW! BRIEF EDITION, 9e. This market-leading personal health book helps you assess your health behaviors, encourages positive behavior change, and gives you effective ways to achieve it. Covering body, mind, and spirit, it addresses current issues related to health and wellness that can affect you now and throughout your life. Delivering the most current coverage available, it equips you with practical ideas and tools that you can immediately apply to your own life. "Health on a Budget" features demonstrate practical ways you can achieve your goals in low- and no-cost ways, while "Consumer Alert" features help you evaluate health care. AN INVITATION TO HEALTH helps you build your foundation for a healthier future.

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Editorial Review

About the Author

Dianne Hales is one of the most widely published and honored health writers in the country. Her bestselling textbooks include AN INVITATION TO HEALTH, AN INVITATION TO WELLNESS, and AN INVITATION TO PERSONAL CHANGE. Her trade books include the award-winning compendium of mental health information CARING FOR THE MIND: THE COMPREHENSIVE GUIDE TO MENTAL HEALTH; THINK THIN, BE THIN (with Doris Helmering); JUST LIKE A WOMAN: HOW GENDER SCIENCE IS REDEFINING WHAT MAKES US FEMALE; THE MIND-MOOD PILL BOOK; INTENSIVE CARING: NEW HOPE FOR HIGH RISK PREGNANCY (with Dr. Timothy Johnson); HOW TO SLEEP LIKE A BABY; THE U.S. ARMY TOTAL FITNESS PROGRAM; NEW HOPE FOR PROBLEM PREGNANCIES; and THE COMPLETE BOOK OF SLEEP. The president of Italy named Hales a "cavaliere dell'Ordine della Stella della Solidarieta Italiana" (Knight of the Order of the Star of Italian Solidarity) in recognition of her bestselling book LA BELLA LINGUA as an "invaluable tool for promoting the Italian language." Her other writing awards include prizes from the American Psychiatric Association, American Psychological Association, the National Women's Political Caucus, California Psychiatric Society, CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder), Council for the Advancement of Scientific Education, and the New York City Public Library. Her latest general audience book is the biography MONA LISA: A LIFE DISCOVERED.

Users Review

From reader reviews:

Susan Chestnut:

People live in this new moment of lifestyle always attempt to and must have the time or they will get great deal of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not really a huge robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to you of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative with spending your spare time, the book you have read is actually An Invitation to Health: Live It Now! Brief Edition.

Carolyn Walton:

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Jeffrey Thibodeaux:

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Ana Gaskill:

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