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respected instructors and authors patricia floyd sandra mimms and caroline yielding present an updated modern fourth edition of personal health perspectives and lifestyles that emphasizes the individual s personal responsibility for wellness by presenting general core and current health information to help guide students decision making the text presents health topics including cultural racial ethnic and gender diversity issues identifies risk factors and gives students useful and sensible suggestions to reduce their risk for preventable diseases and conditions in order to achieve optimal levels of wellness for themselves friends and family filled with practical advice stimulating discussion questions and self assessment exercises this text takes an applied approach and empowers students to take control of their own health concentrated emphasis on health issues as they relate to various cultural differences make this text one of the most up to date resources for health related culture gender ethnic and age issues important notice media content referenced within the product description or the product text may not be available in the ebook version

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