



Choosing Health (2nd Edition)

By April Lynch, Barry Elmore, Jerome Kotecki

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The Brief Text that Speaks the Language of Students Today

Choosing Health uses real-life applications, behavior change tools, and mobile technologies to speak to students better than any other brief personal health textbook. With its magazine-style design and inclusion of real student stories (both online and in the printed material), this text is the one that you can most relate to—and the one that will most inspire you to choose a healthy lifestyle.

Now included with *Choosing Health*, MasteringHealth™ is an online homework, tutorial, and assessment product designed to improve results by helping you quickly master concepts. You can benefit from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to help keep you on track and prepared for lecture.

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This program presents a better teaching and learning experience—for you. It will help:

- **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.
- **Become engaged with relatable student stories:** Real student stories illustrate why you should care about your health.
- **Bring content alive with integrated media:** Health Online links throughout the text, student videos, and mobile technologies encourage you to take a more active role in improving their health.
- **Encourage behavior change:** Unique, practical tools like the new Choosing to Change Worksheets help you make informed decisions about your lifestyle choices.
- **Make reading and learning about health accessible and visually appealing:** A magazine-style design with more photos and visual appeal encourages you to read, while the conversational writing style is student-friendly without sacrificing academic rigor.
- **Updated content such as** the additional electronic chapters on sleep and environmental health provide important relevant information on topics.

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Editorial Review

About the Author

April Lynch is an award-winning author and journalist who specializes in health, science, and genetics. During her tenure with the *San Jose Mercury News*, the leading newspaper of Silicon Valley, she served as the Science and Health editor, focusing the paper's coverage on personal health and disease prevention. She has also worked as a writer and editor for the *San Francisco Chronicle*. April has written numerous articles on personal health, medical and scientific advances, consumer issues, and the ways that scientific breakthroughs are redefining our understanding of health. She has been a frequent contributor to leading university textbooks covering applied biology, nutrition, and environmental health and science. Together with a leading genetic counselor, April is the co-author of the *Genome Book*, a hands-on guide to using genetic information in personal health decisions. Her work has won numerous awards from organizations such as the Society of Professional Journalists, the California Newspaper Publishers Association, and the Associated Press. Her current interests include a focus on how people receive and interact with health information online. She lives in San Francisco with her husband and children.

Barry Elmore obtained a BS from Mount Olive College and an MA in Health Education at East Carolina University, where he was a merit scholar. Barry has extensive experience in the field of community health with particular focus on sexually transmitted diseases. He served as the Executive Director of the Pitt County AIDS Service Organization, the third largest AIDS Service Organization in North Carolina, before beginning his teach career and worked as a health educator in the non-profit sector for nearly 20 years. He is a member of the American Public Health Association (APHA), the society for Public Health Education (SOPHE), and the North Carolina Association for Research in Education (NCARE), Barry has been recognized for outstanding teaching by his department, college, and university.

Tanya Morgan is an Associate Professor and Masters of Public Health Program Director for Health Care Management at West Chester University. She received her Ph.D. in Health Policy and Administration from the University of North Carolina at Chapel Hill. Tanya has traveled around the world to teach and consult in locations as diverse as Oxford University, England; Guizhou University, China; and La Paz, Bolivia. In addition to her global interests, Tanya's research focuses on underserved populations, women's health issues, and health care access. In honor of her research efforts, Tanya was awarded the Southern Academy of Women in Physical Activity, Sport, and Health (SAWPASH) Young Scholars Award. She is actively involved in health advocacy and currently serves as chairperson for the Society for Public Health Education (SOPHE) Health Advocacy Committee and is a member of the Health Promotion Advocates Grassroots Committee. Tanya's interaction with her students in the classroom continually encourages her work. It is her desire that this textbook will help motivate the health behavior change that will increase the longevity of the millennial generation.

Users Review

From reader reviews:

Sally Staten:

Reading a e-book tends to be new life style within this era globalization. With studying you can get a lot of

information that may give you benefit in your life. Using book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. Plenty of author can inspire all their reader with their story as well as their experience. Not only the storyline that share in the guides. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors on this planet always try to improve their expertise in writing, they also doing some study before they write to their book. One of them is this Choosing Health (2nd Edition).

Nelson Wyatt:

Reading can called thoughts hangout, why? Because when you find yourself reading a book mainly book entitled Choosing Health (2nd Edition) your head will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging each word written in a reserve then become one application form conclusion and explanation in which maybe you never get just before. The Choosing Health (2nd Edition) giving you a different experience more than blown away your head but also giving you useful details for your better life with this era. So now let us explain to you the relaxing pattern this is your body and mind are going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

Helen Williams:

This Choosing Health (2nd Edition) is great guide for you because the content and that is full of information for you who also always deal with world and have to make decision every minute. This book reveal it facts accurately using great arrange word or we can claim no rambling sentences in it. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but challenging core information with attractive delivering sentences. Having Choosing Health (2nd Edition) in your hand like keeping the world in your arm, information in it is not ridiculous one. We can say that no reserve that offer you world within ten or fifteen tiny right but this e-book already do that. So , it is good reading book. Hi Mr. and Mrs. busy do you still doubt which?

Tyler Woodley:

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