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Personal Wellness Guide For Hales' An Invitation To Health: Choosing To Change, Brief Edition, 8th



Synopsis

This powerful workbook includes a brief discussion of the current theories behind making positive lifestyle changes, along with exercises to help students make those changes in their everyday lives.

Book Information

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Customer Reviews

I never used this at all for my Health class. I don't suggest buying it unless it is shown as an requirement for your class.

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