



# Essential Concepts for Healthy Living

*Sandra Alters, Wendy Schiff*

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## **Essential Concepts for Healthy Living** Sandra Alters, Wendy Schiff

Thoroughly revised and updated, *Essential Concepts for Healthy Living, Sixth Edition* provides students with a clear and concise introduction to the latest scientific and medical research in personal health. With its unique focus on critical thinking and analysis of health-related behaviors and attitudes, this text enhances students' understanding of their own health needs and presents the scientific background necessary for students to think critically about the reliability of health-related information they encounter in the media. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

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