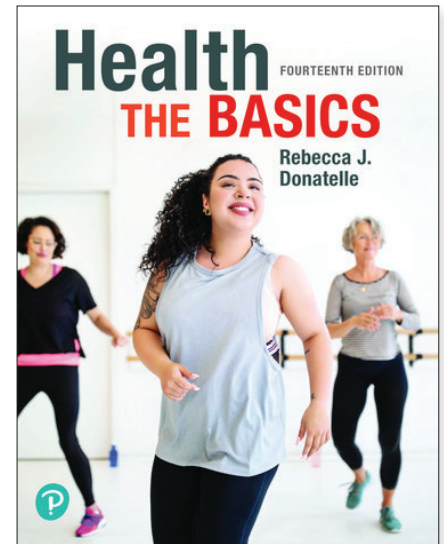


Health: The Basics, 14th edition

Becky Donatelle

Health: The Basics actively engages students in learning and living well. With a mindful approach to personal health, students can incorporate mindfulness practices, become more focused and present, and improve academic performance. The text presents the most current, scientifically valid research to examine today's health issues and controversies.

The **14th Edition** helps students explore the challenges of personal and public health and assess options and priorities for change. Updated timely topics include health disparities, stress, violence and infectious disease to help students recognize these topics in their lives.



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New and updated features

- » **If I could go back... audio interviews** with individuals from a range of life experiences share what they would go back and tell their former selves to do/not do to achieve better health outcomes.
- » **Focus on Difference, Disparity and Health Equity chapter** challenges students to think about diversity and health equity, and actions they can take as individuals and a society to remove barriers and promote access to health for all (Chapter 1A).
- » **A Why Should I Care?** opens each chapter and presents information about the effects poor health habits have on students here and now while engaging and encouraging them to learn more.

Hallmark features

- » **Mindfulness and You boxes** focus on mindfulness research and applications for topics such as sleep, technostress, mental health, sexual dysfunction and more.
- » **Tech and Health boxes** highlight common uses of technology and social media in student life and provide tips for using and navigating these resources effectively.
- » **Skills for Behavior Change boxes** focus on practical strategies students can use to improve health or reduce risks from negative health behaviors.
- » **Assess Yourself boxes** help students evaluate their health behaviors and includes targeted suggestions for implementing change.
- » **Student Health Today boxes** focus on potential health risks and safety issues relevant to college students.