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Patricia A. Floyd, Sandra E. Mimms, Caroline Yelding

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PERSONAL HEALTH: PERSPECTIVES AND LIFESTYLES, Fourth Edition emphasizes the individual's personal responsibility for wellness by presenting general (core) and current health information to guide decision making. The focus of the text is to present health topics, including cultural, racial, ethnic, and gender diversity issues, identify risk factors, and give you useful and sensible suggestions to reduce the risk for preventable diseases and conditions in order to achieve optimal levels of wellness for yourself, your friends, and your family.

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