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Rebecca J. Donatelle

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Long known for its currency, research, and strength in behavior change, Access to Health provides key information through a consistent framework for motivating you to make healthy life choices. As a teacher, mentor, and researcher, Rebecca J. Donatelle knows the issues that are important to today's students. Through her friendly writing style she addresses your concerns and teaches them to be savvy and critical consumers of health information.

The Thirteenth Edition adds new features highlighting health topics centering around money and technology issues. Additionally, the book references one Video Tutor per chapter with QR codes. You simply scan the code with a reader on their phone and quickly and easily view a short video that makes a tricky concept easy to understand. As always, the book's attractive design, imaginative art, unique mini-chapters, and robust media make learning personal health more accessible.

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