



Focus On Health

Dale B Hahn, Wayne A. Payne, Ellen B Lucas

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This text offers an exciting and practical approach to the teaching of the traditional content areas of personal health. Its two key themes--the six dimensions of health and the five developmental tasks--help students apply the text's content to their own lives, by improving their decision-making skills. Technology use is also integrated into the text with Online Learning Center boxes, HealthQuest activities, and "Health on the Web" boxes.

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