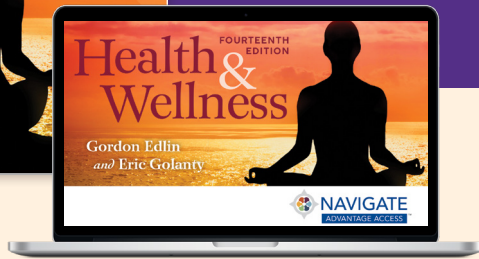


TRANSITION GUIDE TO

Health & Wellness

FOURTEENTH EDITION



Gordon Edlin, PhD
Eric Golanty, PhD

Paperback with Navigate Advantage Access

ISBN: 978-1-284-23519-7

448 Pages | © 2023

Navigate Advantage Digital Access Only

ISBN: 978-1-284-23521-0

The fourteenth edition of **Health & Wellness** explores the many facets of personal health and self-responsibility, while focusing on the basic principles of physical, mental, and spiritual health. Using a science-based approach, it provides students with the tools they need to make informed health decisions that promote lifelong wellness. Written in a personal and engaging style, the **Fourteenth Edition** of this best-selling text, encourages readers to be responsible for their own health-related behaviors and outlines how to improve overall health through nutrition, fitness, stress management, and maintaining an overall healthy lifestyle.

NEW TO THE FOURTEENTH EDITION

This edition of **Health & Wellness** has been heavily revised to be more efficient while maintaining complete presentations of topics in prior editions.

- Some chapters were carefully edited and combined:
 - Chapters 8-11 combined to create a new chapter 8
 - Chapters 17-18 combined to create a new chapter 14
 - 19-20 combined to create a new chapter 15
 - 21-23 combined to create a new chapter 17
- **The Student Workbook** has been moved to the Navigate site in a convenient, writable-PDF format.
- **The Appendix** is also now available on the Navigate site

KEY PEDAGOGICAL FEATURES

Besides including the most current information in the field, each chapter includes updated and helpful learning aids for both students and instructors.

- **Epigrams** enliven each chapter with thought-provoking (and often humorous) quotations about health.
- **Health Tips** in every chapter enable students to make immediate changes to their behavior.
- **Global Wellness** boxes explore health and wellness topics as they affect different countries and cultures.

- **Wellness Guides** offer tips, techniques, and steps toward a healthy lifestyle and self-responsibility.
- **Managing Stress** boxes give you practical strategies for coping with stress.
- **Dollars & Health Sense** boxes focus on the influence of economic forces on individual and community health; for example, the marketing of worthless and sometimes dangerous supplements and devices for weight management, fitness, and stress relief; direct-to-consumer advertising in the marketing of minimally effective and sometimes dangerous pharmaceuticals; and cigarette advertising to encourage youths to start smoking.
- Chapters conclude with **Critical Thinking About Health**—a set of questions that present controversial or thought-provoking situations and ask you to examine your opinions and explore your biases.
- End-of-chapter material includes **Chapter Summary** and **Highlights** (a brief review of the chapter), **For Your Health** (new self-evaluation exercises), **References**, **Suggested Readings**, and **Recommended Websites** where you can find additional health information.

More on next page.

DYNAMIC TECHNOLOGY SOLUTION:

Every new print copy includes [Navigate Advantage Access](#) online learning materials, including:

- An interactive eBook
- A revised Student Workbook in writable PDF format on the Navigate platform, with various health related activities such as: Can I Read a Food Label? And My Sexual Values
- New and updated Practice Questions

INSTRUCTOR RESOURCES

Instructor Resources include: new and updated assessment items with practice activities, Midterm, and Final; more than 250 slides in PowerPoint format; an updated Instructor's Manual containing Discussion Questions and model answers; updated weblinks to relevant health-related sites including myOptumHealth and the Center for Disease Control and Prevention.

— CHAPTER COMPARISON —

THIRTEENTH EDITION

CHAPTER 1	The Definition of Health
CHAPTER 2	Mind-Body Communications Maintain Wellness
CHAPTER 3	Managing Stress: Restoring Mind-Body Harmony
CHAPTER 4	Mental Health
CHAPTER 5	Choosing a Healthy Diet
CHAPTER 6	Managing a Healthy Weight
CHAPTER 7	Movement and Physical Activity for Health
CHAPTER 8	Healthy Sexuality and Intimate Relationships
CHAPTER 9	Understanding Pregnancy and Parenthood
CHAPTER 10	Fertility Control
CHAPTER 11	Protecting Against Sexually Transmitted Diseases and AIDS
CHAPTER 12	Reducing Infections and Building Immunity: Knowledge Encourages Prevention
CHAPTER 13	Cancer: Understanding Risks and Means of Prevention
CHAPTER 14	Cardiovascular Diseases: Understanding Risks and Measures of Prevention
CHAPTER 15	Heredity and Disease
CHAPTER 16	Using Drugs and Medications Responsibly
CHAPTER 17	Eliminating Tobacco Use
CHAPTER 18	Using Alcohol Responsibly
CHAPTER 19	Making Decisions About Health Care
CHAPTER 20	Exploring Alternative Medicines
CHAPTER 21	Accidents and Injuries
CHAPTER 22	Understanding Aging and Dying
CHAPTER 23	Violence in Our Society
CHAPTER 24	Working Toward a Healthy Environment

FOURTEENTH EDITION

CHAPTER 1	The Definition of Health
CHAPTER 2	Mind-Body harmony
CHAPTER 3	Managing Stress: Restoring Mind-Body-Harmony
CHAPTER 4	Mental Health
CHAPTER 5	Choosing a Healthy Diet
CHAPTER 6	Managing a Healthy Weight
CHAPTER 7	Movement and Physical Activity for Health
CHAPTER 8	Healthy Sexuality
CHAPTER 9	Infections and Immunity
CHAPTER 10	Cardiovascular Diseases: Understanding Risks and Measures of Prevention
CHAPTER 11	Cancer: Understanding Risks and Means of Prevention
CHAPTER 12	Genetics and Health
CHAPTER 13	Using Drugs and Medication Responsibility
CHAPTER 14	Common Psychoactive Drugs: Alcohol, Tobacco, Marijuana, and Caffeine
CHAPTER 15	Making Decisions About Health Care
CHAPTER 16	Understanding Aging and Dying
CHAPTER 17	Unintentional and Intentional Injuries
CHAPTER 18	Working Towards a Healthy Environment