



Connect  
Core  
Concepts  
in

# Health

Thirteenth Edition |Brief|

Paul M. Insel  Walton T. Roth

# Connect Core Concepts In Health By Insel 13th Brief Edition

**Paul M. Insel**



## **Connect Core Concepts In Health By Insel 13th Brief Edition:**

*Connect Core Concepts in Health* Claire Insel, Walton T. Roth, Paul M. Insel, 2021 The seventeenth edition features new research based coverage of the use of digital technology including new Tech Tips in every chapter that help students take advantage of apps and tech based devices that will help them reach their fitness and wellness goals Additionally every chapter has been updated to reflect current scientific thinking data and statistics from such authoritative sources as the Centers for Disease Control and Prevention the American Cancer Society the American Heart Association the U S Food and Drug Administration and the U S Department of Agriculture **Connect Core Concepts in Health**, 2010 The Brief Edition of *Connect Core Concepts in Health* focuses on the health issues and concerns of greatest importance to students Taken together the chapters of the book provide students with a complete guide to promoting and protecting their health now and through their entire lives Page xiv **Connect Core Concepts in Health** Claire Insel, Walton T. Roth, Paul M. Insel, 2024 Now in its eighteenth edition *Connect Core Concepts in Health* remains the leading health textbook in U S higher education In 2020 *Connect Core Concepts in Health* won the Textbook and Academic Authors McGuffey Award for Excellence and Longevity The book s unique psychological approach to mind body health encourages students to take proactive self assessments Students can stay current on the latest studies while learning how to negotiate cross cultural ideas of what it means to be healthy and how to live in our diverse consumer oriented society McGraw Hill Education s digital and teaching learning tools also integrate *Connect Core Concepts in Health* s authoritative science based content *Connect Core Concepts in Health, Brief*, INSEL., 2021-02-26 **CONNECT CORE CONCEPTS IN HEALTH, BRIEF** PAUL. INSEL, 2018

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