



## Essential Concepts For Healthy Living

By Sandra Alters, Wendy Schiff

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Thoroughly revised and updated, Essential Concepts for Healthy Living, Sixth Edition provides students with a clear and concise introduction to the latest scientific and medical research in personal health. With its unique focus on critical thinking and analysis of health-related behaviors and attitudes, this text enhances students' understanding of their own health needs and presents the scientific background necessary for students to think critically about the reliability of health-related information they encounter in the media. New to the Sixth Edition Updated Design - interior layout has been upgraded and modernized Includes Healthy People 2020 and MyPlate New sections added - Transgender, Anti-Drug Vaccines, Alcohol-related injury deaths in college students, Electronic cigarettes, or e-cigarettes, Celiac Disease, Consumer Health: CAM Products and Colds, and more

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