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(Book, 2011 ...

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(eighth) Edition by Anspaugh, David,

Hamrick, Michael, Rosato, Frank

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Synopsis This text uses the foundations of the wellness movement - responsibility for oneself, behavior change and risk reduction, and health-care consumer awareness - to introduce students to the content needed for today's wellness courses.

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Anspaugh DJ, Hamrick MH and Rosato FD, Wellness: Concepts and Applications (8th ed, McGraw-Hill Higher Education 2011)

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Helen McKenna sits down with Marvin Rees, the Mayor of Bristol, to explore his approach to place-based leadership, the NHS's role as a 'place-shaper' and the city's experience of Covid-19. The second wave of Covid-19 offers new as well as ongoing challenges for the health and care system ...

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Wellness: Concepts and Applications uses the basic precepts of the wellness movement— personal responsibility, behavior change and risk reduction, and health-care consumer awareness—to introduce students to the health- and wellness-related information they need to thrive in today’s world. The authors provide accurate, scientifically based information on wellness topics as well as assessment activities and other tools for behavior change. The authors also provide a balance among the seven dimensions of wellness while at the same time emphasizing the central roles of physical fitness, nutrition, avoidance of tobacco, and stress management as keys to a healthy life. Other fitness and wellness topics include body composition, flexibility, safety, drugs, STDs, chronic

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This text uses the foundations of the wellness movement - responsibility for oneself, behavior change and risk reduction, and health-care consumer awareness - to introduce students to the content needed for today's wellness courses. Offering balanced coverage of fitness and wellness topics, the seventh edition is also accompanied by an Online Learning Center.

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best-practice teaching. Learning specialist Leslie Hart once wrote that designing educational experiences without knowledge of the brain is like designing a glove without knowledge of the hand. *Making Classrooms Better* takes this concept a step further, building from general knowledge of brain-based education science and current educational research to offer specific suggestions for how teachers can improve student learning outcomes. Covering a range of subjects, from creating an optimal classroom climate to maximizing metacognitive skill development, this well-researched, state-of-the-art guide is an essential resource for highly effective practices that teachers, administrators, and curriculum planners can easily use. The first half of the book provides a practical overview of teaching from a Mind, Brain, and Education perspective through an understanding of

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the intersection of the fields of neuroscience, psychology, and pedagogy. The second half shares 50 evidence-based classroom “best practices” that have a proven positive impact on student learning outcomes and explains why they work.

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Master the nurse's role in therapeutic nutrition and in teaching dietary health!  
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8th Edition describes nutritional healing and wellness from the nurse's perspective. It covers dietary guidelines with a humanistic, personal touch, using first-hand accounts to show how nutrition principles apply to patients in real-world practice. This edition is updated with the most current guidelines and the latest research on nutrition. Written by noted educators Michele Grodner, Sylvia Escott-Stump, and Suzie Dorner, this leading nutrition text promotes healthy diets and shows how nutrition may be used in treating and controlling diseases and disorders. Applying Content Knowledge and Critical Thinking: Clinical Applications case studies help you apply nutrition principles to real-world practice situations. Personal Perspective box in each chapter offers a firsthand account of the ways in which nutrition affects patients' lives, demonstrating the personal

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8th Edition touch for which this book is known.

Teaching Tool boxes include strategies for providing nutrition counseling to patients. The Nursing Approach boxes analyze a realistic nutritional case study according to the nursing process. Social Issue boxes show how ethical, social, and community concerns can influence health and wellness. Health Debate boxes address the nurse's response to differing opinions or controversies about food, nutrition, and health concerns. Cultural Considerations boxes show how to understand and respect the food and health customs of specific ethnic groups. Key terms and a glossary make it easy to learn key vocabulary and concepts. NEW! Nursing Approach sections include Next Generation NCLEX® terminology as well as single-episode cases and questions, with answers on the Evolve website.

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Kozier and Erb's Fundamentals of Nursing prepares students for practice in a range of diverse clinical settings and help them understand what it means to be a competent professional nurse in the twenty-first century. This third Australian edition has once again undergone a rigorous review and writing process. Contemporary changes in the regulation of nursing are reflected in the chapters and the third edition continues to focus on the three core philosophies: Person-centred care, critical thinking and clinical reasoning and cultural safety. Students will develop the knowledge, critical thinking and clinical reasoning skills to deliver care for their patients in ways that signify respect, acceptance, empathy, connectedness, cultural sensitivity and genuine concern.

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