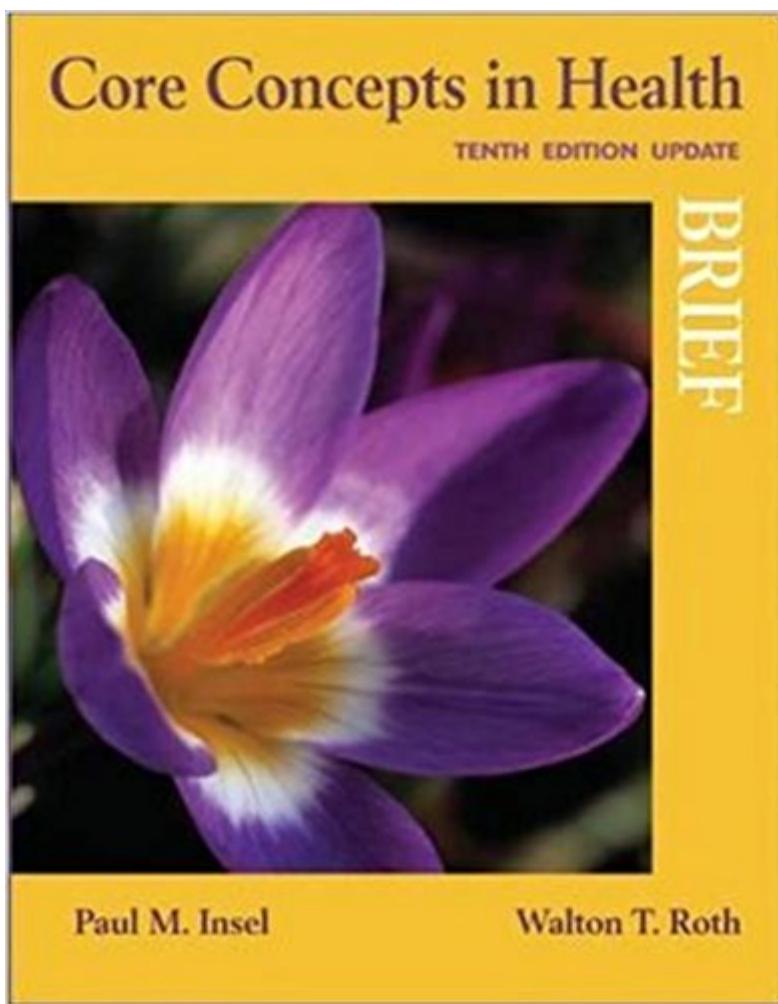


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# Core Concepts In Health, Brief Update



## **Synopsis**

The most reliable and widely used personal health text, Core Concepts in Health utilizes the theme of personal responsibility to teach and motivate students about health and wellness. The Tenth Edition Update provides current, accurate, scientifically based information about a wealth of health and wellness topics and issues. The Brief edition, an affordable alternative to larger health texts, includes a built-in study guide that allows students to test their knowledge of health-related issues and assess their level of wellness.

## **Book Information**

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## **Customer Reviews**

Paul Insel, PhD is Clinical Associate Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has been the principal investigator of numerous NIH studies involving health education, mental health, blood pressure, cardiovascular disease and nutrition. He has authored 14 books and more than 100 articles. Walton T. Roth, M.D., is Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine, and Chief of the Psychiatric Consultation Service at the VA Palo Alto Health Care System. He is author of over 150 research articles about how the body reacts to stress and psychological disorders. His clinical specialties are the treatment of anxiety disorders and psychiatric consultation in the general hospital.

Great book for college class

I bought this book when I needed to complete a single credit for my bachelor's program. Purchasing the book and studying for the exam was far less money than paying for a class. It was easy to read and understand. I studied for about two months when I could. I then tried a couple of practice exams before I took and passed the real thing!

As a student in a City University of New York school, I was required to take a course in Health Education. The course and the textbook are both primarily the reiteration of common sense. At least that's what I thought. I was surprised to find that so many of my classmates really did not know this information. So I suppose the course and the book are necessary after all. Like virtually all textbooks these days, there is a great deal of propaganda. Even though I agree with most of the propaganda, ideally a textbook would not be trying to push a social agenda. In that respect the book not only fails, but some people could consider it inflammatory. Those who select textbooks should be aware of the values of their particular community. I would suggest looking at the book carefully and vetting it with supervisors as well as compare it to competitors. I'm not an authority on these things, I'm just a mature student who has returned to college after a 40-year hiatus. I've lived in the real world. I haven't been cloistered in academe all my life. While it may not raise an eyebrow in New York City, it could possibly upset some people in rural or conservative areas. Although I think it's a visually attractive book with a plethora of nice color photographs, diagrams, and drawings, my major gripe against this book is that it is three times as large and three times as expensive as it ought to be. Virtually EVERYTHING in the book is printed three times. Information will appear in the text. Then there will be a sidebar story that repeats the information WORD FOR WORD. Then on top of that, the information will be repeated again in slightly altered form (say, bullet points) as an end-of-chapter summary. That's overkill. The book is padded, over-priced, and weighs too much.

If you can save money by buying the looseleaf version of this text, then do it. I rarely used it for class, but I was taking an online course. I also am a biology major, so most of this information was stuff I'd learned a long time ago in intro to bio, or anatomy and physiology. There is also not much of a difference between this text, and the next edition, so whichever one you can get in the looseleaf version, do that.

I used to practice for and pass the DSST "Here's to your health" test. I did very well and found that all of the information in this book was relevant to the test.

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Just as advertised. Very decent shape.

Was just what i paid for and my teacher excepted it so that was a bonus!

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