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Rebecca J. Donatelle

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Health: The Basics, Eleventh Edition focuses health coverage on real-world topics that have the greatest impact on your life, bringing health topics to life and keeping you hooked on learning and living well. This text addresses students' diverse needs and learning styles with new Video Tutors and the new MasteringHealth™. Along with its dynamic new content and technology, this book retains its hallmarks of currency, excellent research, strength in behavior change, attractive design, imaginative art, and unique mini-chapters.

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