

Choosing Health Brief Edition Lynch

For courses in personal health. Helping readers understand that their actions and behavior matter Choosing Health uses real-life applications, behavior change tools, and mobile technologies to speak to today's readers better than any other brief personal health textbook. The 3rd Edition offers guidance for actively improving individuals' health while new interactive videos, quizzes, activities, and worksheets in Mastering(tm) Health coach readers through the toughest health topics. With its bold design and inclusion of real reader stories (both online and in the printed material), this text is the one that individuals can most relate to--and the one that will most inspire them to choose a healthy lifestyle. Also available with Mastering Health Mastering Health is an online homework, tutorial, and assessment program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials provide individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand, and retain even the most difficult concepts. Note: You are purchasing a standalone product; MyLab & Mastering does not come packaged with this content. Students, if interested in purchasing this title with MyLab & Mastering, ask your instructor for the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. If you would like to purchase both the physical text and MyLab & Mastering, search for: 0134517954 / 9780134517957 Choosing Health Plus Mastering Health with Pearson eText -- Access Card Package Package consists of: 0134493672 / 9780134493671 Choosing Health 0134517024 / 9780134517025 Mastering Health with Pearson eText -- ValuePack Access Card -- for Choosing Health

Whether taking classes in school, college or university, or in a corporate training setting, it is likely that learners will be expected to do at least part of their studies via the computer. This book provides realistic guidelines to ensure their success in the virtual learning environment. From detailing tools such as WebCT and Blackboard, to overcoming personal barriers to success in distance learning, this handy text deals with issues that readers of any age, stage or situation are likely to encounter by: * demystifying terms and concepts common to online learning * addressing issues of online ethics such as netiquette, plagiarism and software piracy * offering practical advice on interacting effectively online, submitting assignments and doing research * furnishing numerous links to Web pages and other resources for further study and research. The author offers serious and humorous anecdotes to help readers avoid the pitfalls and capitalize on opportunities that will help them become a successful online student. Current and prospective online learners will greatly benefit from this practical book filled with clear, detailed assistance for learning online.

Fans of Douglas Hofstadter, Daniel Bennef, and Richard Dawkins (as well as science buffs and readers of Wired Magazine) will revel in Aaron Lynch's groundbreaking examination of memetics--the new study of how ideas and beliefs spread. What characterizes a meme is its capacity for displacing rival ideas and beliefs in an evolutionary drama that determines and changes the way people think. Exactly how do ideas spread, and what are the factors that make them genuine thought contagions? Why, for instance, do some beliefs spread throughout society, while others dwindle to extinction? What drives those intensely held beliefs that spawn ideological and political debates such as views on abortion and opinions about sex and sexuality?By drawing on examples from everyday life, Lynch develops a conceptual basis for understanding memetics. Memes evolve by natural selection in a process similar to that of Genes in evolutionary biology. What makes an idea a potent meme is how effectively it out-propagates other ideas. In memetic evolution, the "fittest ideas" are not always the truest or the most helpful, but the ones best at self replication. Thus, crash diets spread not because of lasting benefit, but by alternating episodes of dramatic weight loss and slow regain. Each sudden thinning provokes onlookers to ask, "How did you do it?" thereby manipulating them to experiment with the diet and in turn, spread it again. The faster the pounds return, the more often these people enter that disseminating phase, all of which favors outbreaks of the most pathogenic diets. Like a software virus traveling on the Internet or a flu strain passing through a city, thought contagions proliferate by programming for their own propagation. Lynch argues that certain beliefs spread like viruses and evolve like microbes, as mutant strains vie for more adherents and more hosts. In its most revolutionary aspect, memetics asks not how people accumulate ideas, but how ideas accumulate people. Readers of this intriguing theory will be amazed to discover that many popular beliefs about family, sex, politics, religion, health, and war have succeeded by their "fitness" as thought contagions.

When it comes to talking about the activity of directing the church, the language of leadership and leaders is increasingly popular. Yet what is leadership -- and how might theological narratives better resource the discourse and practice of leadership in ecclesial contexts? In identifying and critiquing managerialism as a dominant narrative of leadership in the Western church, this book calls for an alternative approach founded on the concept of friendship. Engaging with the wider field of leadership studies, the book establishes an understanding of leadership activity and brings it into conversation with an incarnational ecclesiology. The result is a prophetic reimagining of ecclesial leadership in terms of a relational, kenotic praxis. This praxis of mutuality and love is framed here in the rich language of Christian friendship. The book also wrestles deeply with the embodiment of such a praxis, making explicit the power behaviours typical of friendship-leadership and offering constructive guidance for practitioners in the task of implementation within a complex and fractured world. This book offers a new vision of the centrality of friendship to leadership of a healthy church community. As such, it will be of great use to scholars of practical theology, ecclesiology and leadership, as well as practitioners in church ministry.

NEW YORK TIMES BESTSELLER • An unprecedented look into the personal and creative life of the visionary auteur David Lynch, through his own words and those of his closest colleagues, friends, and family "Insightful . . . an impressively industrious and comprehensive account of Lynch's career."—The New York Times Book Review In this unique hybrid of biography and memoir, David Lynch opens up for the first time about a life lived in pursuit of his singular

vision, and the many heartaches and struggles he's faced to bring his unorthodox projects to fruition. Lynch's lyrical, intimate, and unfiltered personal reflections riff off biographical sections written by close collaborator Kristine McKenna and based on more than one hundred new interviews with surprisingly candid ex-wives, family members, actors, agents, musicians, and colleagues in various fields who all have their own takes on what happened. *Room to Dream* is a landmark book that offers a onetime all-access pass into the life and mind of one of our most enigmatic and utterly original living artists. With insights into . . . *Eraserhead* *The Elephant Man* *Dune* *Blue Velvet* *Wild at Heart* *Twin Peaks* *Twin Peaks: Fire Walk with Me* *Lost Highway* *The Straight Story* *Mulholland Drive* *INLAND EMPIRE* *Twin Peaks: The Return* Praise for *Room to Dream* "A memorable portrait of one of cinema's great auteurs . . . provides a remarkable insight into [David] Lynch's intense commitment to the 'art life.'"—*The Guardian* "This is the best book by and about a movie director since Elia Kazan's *A Life* (1988) and Michael Powell's *A Life in Movies* (1986). But *Room to Dream* is more enchanting or appealing than those classics. . . . What makes this book endearing is its chatty, calm account of how genius in America can be a matter-of-fact defiance of reality that won't alarm your dog or save mankind. It's the only way to dream in so disturbed a country."—*San Francisco Chronicle*

The Church was the central institution of the European Middle Ages, and the foundation of medieval life. Professor Lynch's admirable survey (concentrating on the western church, and emphasising ideas and trends over personalities) meets a long-felt need for a single-volume comprehensive history, designed for students and non-specialists.

Michael Lynch presents an engaging and thorough account of Mao's life and politics, making use of a wealth of primary and secondary sources. He locates Maoism in the broader context of twentieth century Chinese history, discussing the development of the Chinese Communist Party, the creation of the People's Republic of China and the Cultural Revolution, and the part played by Mao in the Cold War. Details of Mao's controversial private life as well as his political and philosophical thought add to this diverse picture of the influential leader. This well-written biography will be essential reading to anyone interested in twentieth century China and its most memorable figure.

Progressive, modern societies hold the promise of the triumph of reason and the banishing of primitive, religious impulses to a bygone age. If this statement is orthodoxy to much of Western liberal thought, then Gordon Lynch's *On the Sacred* is heresy. Challenging the myth of the idealized rational society, Lynch argues that emotionally-charged forms of the sacred remain an inevitable foundation of social life. Modernity has not rid us of the sacred, but merely presented us with new sacred forms focused around humanity, nature and the nation. Drawing on examples from the changing status of the British monarchy, the growing influence of humanitarian NGOs and moral justifications for the invasion of Iraq, *On the Sacred* presents a compelling account of what the sacred is and why it still matters for us today. By the end of the book, Lynch calls us to a new understanding of our moments of deep moral certainty, challenging us to think about the harm we do in the name of what we call sacred.

"Dr. Brian Lynch clarifies and explains how we human beings might better understand ourselves with more patient acceptance of our basic emotions. I have found Dr. Lynch's approach helpful personally, and have shared his insights with others who also find his ideas helpful. Dr. Lynch is most proficient in the art of communication that conveys a compassionate understanding of how we might go about having more positive than negative affective (emotional) experiences—an imbalance we all seek! His original and crisp methods of presentation also provide a delightful medium to learn about the many practical insights he shares with readers about what it means to be a more (rather than less) positively affective human being." Jim Duffy, Ph.D., Psychologist

In the summer of 1974, a fourteen-year-old girl in Dolton, Illinois, had a dream. A dream to become an actress, like her idols Ron Howard and Vicki Lawrence. But it was a long way from the South Side of Chicago to Hollywood, and it didn't help that she'd recently dropped out of the school play, *The Ugly Duckling*. Or that the Hollywood casting directors she wrote to replied that "professional training was a requirement." But the funny thing is, it all came true. Through a series of happy accidents, Jane Lynch created an improbable--and hilarious--path to success. In those early years, despite her dreams, she was also consumed with anxiety, feeling out of place in both her body and her family. To deal with her worries about her sexuality, she escaped in positive ways--such as joining a high school chorus not unlike the one in *Glee*--but also found destructive outlets. She started drinking almost every night her freshman year of high school and developed a mean and judgmental streak that turned her into a real-life Sue Sylvester. Then, at thirty-one, she started to get her life together. She was finally able to embrace her sexuality, come out to her parents, and quit drinking for good. Soon after, a Frosted Flakes commercial and a chance meeting in a coffee shop led to a role in the Christopher Guest movie *Best in Show*, which helped her get cast in *The 40-Year-Old Virgin*. Similar coincidences and chance meetings led to roles in movies starring Will Ferrell, Paul Rudd, and even Meryl Streep in 2009's *Julie & Julia*. Then, of course, came the two lucky accidents that truly changed her life. Getting lost in a hotel led to an introduction to her future wife, Lara. Then, a series she'd signed up for abruptly got canceled, making it possible for her to take the role of Sue Sylvester in *Glee*, which made her a megastar. Today, Jane Lynch has finally found the contentment she thought she'd never have. Part comic memoir and part inspirational narrative, this is a book equally for the rabid *Glee* fan and for anyone who needs a new perspective on life, love, and success. WITH A FOREWORD BY CAROL BURNETT

This new volume of the Language Family Series presents an overview of the Oceanic subgroup of the Austronesian languages, spread across a region embracing eastern Indonesia, Melanesia, Polynesia, and Micronesia. It provides sufficient phonological and grammatical data to give typologists and comparativists a good idea of the nature of these languages, and of how much typological variety there is in this single subgroup. The references will allow those interested in particular topics, geographical areas or specific languages to delve further. Divided into two major parts, the first five chapters of the book place the Oceanic languages in their geographic, demographic and social context. Both the place of the Oceanic subgroup within the wider Austronesian family, and the internal subgrouping of Oceanic itself are

dealt with. A typological overview of Oceanic languages is provided, as well as an outline of the reconstructed phonology and morphosyntax of Proto Oceanic. The second part of the book consists of grammar sketches of 43 Oceanic languages that are not at all well known in the linguistic literature. For many of these languages, the sketch in this volume is the first grammatical treatment to appear in print.

Discusses the nature of blood pressure and how it is measured, shows its connection with human communication, and considers the implications for health care

Choosing Health Pearson

Although Green approaches to politics have had some practical successes in a range of different countries, the movement has lacked a fully developed and coherent political theory. In this unique study David Wells and Tony Lynch demonstrate that ecological understanding and environmental concern are not just consistent with notions of social equity and grass-roots democracy, but that a concern for these aims are the logical consequence of what might be called 'political ecology'. They begin with a critique of existing approaches to Green politics, with particular attention to the claims of 'deep ecology' and go on to develop an important examination of the relationship between economic and ecological styles of thinking. They conclude with a 'social commons' inspired revision of Lockean politics. What emerges is an important understanding of the tasks of politics: rather than focusing on 'foreground' issues of individual choice, the central political challenge of our age is with the management and provision of the background conditions (the ecological conditions - understood in the broadest sense) which allows the possibility of a reasonable life. The analysis shows a concern with environmental commons engenders equal concerns for social, economic and cultural commons, develops an account of how such commons can be effectively managed and relates this account to more traditional political themes of democracy, liberty and equity.

Adolf Hitler is the most notorious political figure of the twentieth century. The story of his life, how he became a dictator, and how he managed to convince so many to follow his cause is a subject of perennial fascination. Balancing narrative and analysis, this biography employs a chronological approach to describe the main features of Hitler's career. Set against the background of developments in Germany and Europe during his lifetime, the text tells the extraordinary story of how an Austrian layabout rose to become Führer of the Third Reich. The chapters incorporate into their narrative the major debates surrounding Hitler's ideas, behaviour and historical significance. Particular attention is paid to his experience as a soldier in 1914 -18 and to the reasons why his original left-wing sympathies transmuted into Nazism. Arguments over the real character of Hitler's dictatorship are analysed and a measured assessment is offered on the disputed issues of how far Hitler initiated the Third Reich's domestic and foreign policies himself and to what extent he was controlled by events. His destructive leadership of wartime Germany is now a subject of close scrutiny among historians and the book's final chapters deal with this theme and offer a set of reflections on Hitler's relationship with the German people and his legacy to the German nation. Michael Lynch provides a balanced guide to this most difficult of figures that will be enlightening for students and general readers alike

Instant National Bestseller After suffering for years with unexplainable health issues, Dr. Ben Lynch discovered the root cause—"dirty" genes. Genes can be "born dirty" or merely "act dirty" in response to your environment, diet, or lifestyle—causing lifelong, life-threatening, and chronic health problems, including cardiovascular disease, autoimmune disorders, anxiety, depression, digestive issues, obesity, cancer, and diabetes. Based on his own experience and successfully helping thousands of clients, Dr. Lynch shows you how to identify and optimize both types of dirty genes by cleaning them up with targeted and personalized plans, including healthy eating, good sleep, stress relief, environmental detox, and other holistic and natural means. Many of us believe our genes doom us to the disorders that run in our families. But Dr. Lynch reveals that with the right plan in place, you can eliminate symptoms, and optimize your physical and mental health—and ultimately rewrite your genetic destiny.

In this age of education innovation and reform, schools must evolve and react to current policy trends. This accessible book offers research-based insights into six key educational trends and issues that are impacting K–12 learning today: year-round schooling, assessments, educating minorities, anti-intellectualism, issues of social promotion and retention, and school design. Each chapter unpacks research and policy issues relating to these topics and provides administrators with practical advice on how they should approach these issues to improve learning in their schools. The ideas and strategies in Understanding Key Education Issues will help educators across the country achieve greater efficiency, better results, and a higher purpose.

&>Built by students for students. Health: Making Choices for Life distinguishes itself by speaking your language and helping you to apply the material to your life and implement real behavior change. Built from the ground up with student-generated content and incorporating technology that students use, this is the health book that you can relate to--the one that will inspire you to choose a healthy lifestyle. The student-savvy approach is demonstrated in many different ways throughout the text and is built on an ultra-modern, magazine-style design with appealing photos and visuals that encourage you to read. Additionally, student stories in both the text and online provide real-life examples of important health issues. Unique, practical tools like the Choosing to Change Worksheets walk you through the steps of behavior change and help you to make informed decisions about your lifestyle choices. Lastly, the authors employ a conversational writing style that speaks directly to you while maintaining quality content and excellent academic rigor.

Note: If you are purchasing the standalone text or electronic version, MasteringHealth does not come automatically packaged with the text. To purchase MasteringHealth please visit www.masteringhealthandnutrition.com or you can purchase a package of the physical text + MasteringHealth by searching for 0321982703/ 9780321982704.

MasteringHealth is not a self-paced technology and should only be purchased when required by an instructor.

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Museums and Social Change explores the ways museums can work in collaboration with marginalised groups to work for social change and, in so doing, rethink the museum. Drawing on the first-hand experiences of museum practitioners and their partners around the world, the volume demonstrates the impact of a shared commitment to collaborative, reflective practice. Including analytical discussion from practitioners in their collegial work with women, the homeless, survivors of institutionalised child abuse and people with disabilities, the book draws attention to the significant contributions of small, specialist museums in bringing about social change. It is here, the book argues, that the new museum emerges: when museum practitioners see themselves as partners, working with others to lead social change, this is where museums can play a distinct and important role. Emerging in response to ongoing calls for museums to be more inclusive and participate in meaningful engagement, Museums and Social Change will be essential reading for academics and students working in museum and gallery studies, librarianship, archives, heritage studies and arts management. It will also be of great interest to those working in history and cultural studies, as well as museum practitioners and social activists around the world.

This book builds on the person-centred medicine movement to promote a shift in the philosophy of care of distress. It discusses the vital importance of whole person health, healing and growth. Developing a new transdisciplinary concept of sense of safety, this book argues that the whole person needs to be understood within their context and relationships and explores the appraisal and coping systems that are part of health. Using clinical vignettes to illustrate her argument, Lynch draws on an understanding of attachment, and trauma-informed approaches to life story and counsels against an over-reliance on symptom-based fragmentation of body and mind. Integrating literature from social determinants of health, psychology, psychotherapy, education and the social sciences with new research from the fields of immunology, endocrinology and neurology, this broad-ranging book is relevant to all those with an interest in person-centred healthcare, including academics and practitioners from medicine, nursing, mental health and public health.

This handbook presents an extensive new overview of African development - past, present and future. It addresses key core themes and topics that are pertinent to the continent's development - including sections on history, health and food, politics, economics, rural and urban development, and development policy and practice. The volume draws on the expertise of over 60 of the world's leading scholars to provide a detailed and up-to-date analysis of the key opportunities and challenges that confront Africa, and how such issues are being addressed. Arranged by key themes, the handbook provides not only a historical understanding of the past, but also political perspectives on the future. The chapters provide critically informed analyses of their topics by drawing upon the latest conceptual viewpoints and applied experiences in Africa in the form of case studies to offer a comprehensive examination of the opportunities, challenges, key debates and future prospects. This handbook is an invaluable state-of-the-art overview and reference concerning many different aspects of Africa's development, which will be of interest to academics in all fields of African studies, and also academics and students working in cognate disciplines such as development studies, geography, history, politics and economics.

From *The Pain Behind the Mask: Overcoming Masculine Depression*, you will discover how masculine development precludes your male clients toward the two defining characteristics of masculine depression: dissociating from feelings and acting out suppressed feelings in destructive behaviors. Depression in men is often misunderstood and misdiagnosed, which is why it often goes untreated. This unique book does not portray men as victims, but seeks to describe a man's responsibility and proposes realistic strategies for change. *The Pain Behind the Mask* is written in easy-to-follow question and answer format to guide you through various subtopics discussed within each general area.

Through *The Pain Behind the Mask*, you will learn new techniques and strategies to help improve the lives of men who suffer from depression by: gaining new insight into how understanding destructive behaviors as a masculine form of depression leads to new treatments for this condition discovering effective treatments for masculine depression that account for the origins and meaning of a man's behavior in a relationship analyzing case studies to help you gain a better understanding of the various characteristics and dynamics of masculine depression finding useful ways to conceptualize and intervene with clients who display symptoms of masculine depression learning to address the underlying causes of problem behavior instead of dealing solely with the outward appearance to recognize and treat masculine depression *The Pain Behind the Mask* deals with the problems of masculine depression by helping you acquire workable solutions. This indispensable book will help you understand the roots of masculine depression so you can guide your clients toward positive and self-healing attitudes.

MasterPhotoshop CS4 with this visual, hands-on guide to using layers, under the expert guidance of digital imaging specialist Richard Lynch. Layers, Photoshop's most powerful feature, is the core of a nondestructive image-editing workflow. Step-by-step instructions and practical examples illustrate how to. * Polish: correct and enhance color, fix composition problems, and repair damage or flaws * Manipulate: isolate image areas for changes, adjustments and experimental concepts * Understand: use all forms of layer blending, including transparency, clipping masks, opacity/fill, layer masks, layer modes, channel targeting, Blend If, and Effects/Styles The accompanying DVD comes complete with a generous library of practical actions based on techniques from the book that add functional power to Photoshop, along with practice images for all the exercises in the book. This focused, highly accurate, comprehensive, and practical guide offers invaluable advice for all users of Adobe Photoshop CS4.

The Routledge Handbook of Spanish in the Global City brings together contributions from an international team of scholars of language in

society to offer a conceptual and empirical perspective on Spanish within the context of 15 major cosmopolitan cities from around the world. With a unique focus on Spanish as an international language, each chapter questions the traditional and modern notions of language, place, and identity in the urban context of globalization. This collection of new perspectives on the sociology of Spanish provides an insightful and invaluable resource for students and researchers seeking to explore lesser-known areas of sociolinguistic research.

The second edition of Environmental Health and Housing has been completely updated to cover the contemporary issues in public health that have emerged in recent years. With a theory and practice approach to public health, this edition focuses more on population health, health protection and improvement, and inter-agency approaches to effective intervention in housing and health through evidence-based practice. It provides the ideal introduction to the area, covering policy and strategy in housing, housing and inequality, housing inclusion, and the public health agenda. It provides a renewed focus on research into evidence-based housing and health issues, which have become subjects of growing international interest in recent years. This edition includes more case studies, reflection, and a greater emphasis on wider living environments. It also includes major pieces of new legislation, most notably the Housing Act 2004 and the Housing and Planning Act 2016, as well as related regulations.

NOTE: This edition features the exact same content as the traditional text in a convenient, three-hole-punched, loose-leaf version. Books a la Carte also offer a great value for your students—this format costs 35% less than a new textbook. Before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. xxxxxxxxxxxxxxxxxxxx Choosing Health uses real-life applications, behavior change tools, and mobile technologies to speak to students better than any other brief personal health textbook. With its magazine-style design and inclusion of real student stories (both online and in the printed material), this text is the one that you can most relate to—and the one that will most inspire you to choose a healthy lifestyle. Now included with Choosing Health , MasteringHealth™ is an online homework, tutorial, and assessment product designed to improve results by helping you quickly master concepts. You can benefit from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to help keep you on track and prepared for lecture. Teaching and Learning Experience This program presents a better teaching and learning experience—for you. It will help: Personalize learning with MasteringHealth: MasteringHealth coaches you through the toughest health topics. Engaging tools help you visualize, practice, and understand crucial content, from the basics of health to the fundamentals of behavior change. Become engaged with relatable student stories: Real student stories illustrate why you should care about your health. Bring content alive with integrated media: Health Online links throughout the text, student videos, and mobile technologies encourage you to take a more active role in improving their health. Encourage behavior change: Unique, practical tools like the new Choosing to Change Worksheets help you make informed decisions about your lifestyle choices. Make reading and learning about health accessible and visually appealing: A magazine-style design with more photos and visual appeal encourages you to read, while the conversational writing style is student-friendly without sacrificing academic rigor. Updated content such as the additional electronic chapters on sleep and environmental health provide important relevant information on topics.

ALERT: Before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. Packages Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase. Used or rental books If you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code. Access codes Access codes that are purchased from sellers other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase. xxxxxxxxxxxxxxxxxxxx Choosing Health uses real-life applications, behavior change tools, and mobile technologies to speak to students better than any other brief personal health textbook. With its magazine-style design and inclusion of real student stories (both online and in the printed material), this text is the one that you can most relate to—and the one that will most inspire you to choose a healthy lifestyle. Now included with Choosing Health , MasteringHealth™ is an online homework, tutorial, and assessment product designed to improve results by helping you quickly master concepts. You can benefit from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to help keep you on track and prepared for lecture. Teaching and Learning Experience This program presents a better teaching and learning experience—for you. It will help: Personalize learning with MasteringHealth: MasteringHealth coaches you through the toughest health topics. Engaging tools help you visualize, practice, and understand crucial content, from the basics of health to the fundamentals of behavior change. Become engaged with relatable student stories: Real student stories illustrate why you should care about your health. Bring content alive with integrated media: Health Online links throughout the text, student videos, and mobile technologies encourage you to take a more active role in improving their health. Encourage behavior change: Unique, practical tools like the new Choosing to Change Worksheets help you make informed decisions about your lifestyle choices. Make reading and learning about health accessible and visually appealing: A magazine-style design with more photos and visual appeal encourages you to read, while the conversational writing style is student-friendly without sacrificing academic rigor. Updated content such as the additional electronic chapters on sleep and environmental health provide important relevant information on topics.

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The classic work on the evaluation of city form. What does the city's form actually mean to the people who live there? What can the city planner do to make the city's image more vivid and memorable to the city dweller? To answer these questions, Mr. Lynch, supported by studies of Los Angeles, Boston, and Jersey City, formulates a new criterion—imageability—and shows its potential value as a guide for the building and rebuilding of cities. The wide scope of this study leads to an original and vital method for the evaluation of city form. The architect, the planner, and certainly the city dweller will all want to read this book.

Since the 1990s, mainstream political parties have failed to address the problem of growing inequality, resulting in political backlash and the

transformation of European party systems. Most attempts to explain the rise of inequality in political science take a far too narrow approach, considering only economic inequality and failing to recognize how multiple manifestations of inequality combine to reinforce each other and the underlying political features of advanced welfare states. Combining training in public health with a background in political science, Julia Lynch brings a unique perspective to debates about inequality in political science and to public health thinking about the causes of and remedies for health inequalities. Based on case studies of efforts to reduce health inequalities in England, France and Finland, Lynch argues that inequality persists because political leaders chose to frame the issue of inequality in ways that made it harder to solve.

Choosing Health uses student stories, social-networking tools, and a wealth of online resources to speak to today's students better than any other personal health textbook. With its magazine-style design and inclusion of real student stories (both online and in the printed text), this text is the one that you can most relate to—and the one that will most inspire you to choose a healthy lifestyle. Health-related stories from real college students are woven throughout the book, accompanied by videos of real students on the book's companion website. A "Health Online" feature points you to online podcasts, videos, and resources related to health topics and encourages them to become a part of Choosing Health's lively online health community via Facebook, Twitter, and YouTube. The text also provides unique, practical tools to help you see the relevance of health education and make informed decisions about their lifestyle choices. An ultra-modern, magazine-style design encourages you to read, and the writing style is conversational and student-friendly without watering down content or academic rigor.

The mythical 'demographic timebomb' can be defused through policies that reduce inequalities between and within generations.

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