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Health and Wellness for Life offers a ready-made option for those looking for a textbook that covers all the essential personal health topics for the general student population. It features content developed by 15 veteran health educators and organized into a cohesive course text by Human Kinetics, a publisher with more than 30 years of experience in providing top-quality information resources to the fields of health and physical education and to the various kinesiology subdisciplines. It includes 16 chapters of the topics most often covered in a general-education health course.

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