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April Lynch, Barry Elmore, Tanya Morgan

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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.

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 students can most relate to—and the one that will most inspire them 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 students 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 students see the relevance of health education and make informed decisions about their lifestyle choices. An ultra-modern, magazine-style design encourages students to read, and the writing style is conversational and student-friendly without watering down content or academic rigor.

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