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Rebecca J. Donatelle - pdf download free book



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The **Second Edition** of *My Health: The MasteringHealth Edition* delivers the latest in personal health with tools that help students tackle what they need to know, within their own time constraints. The book's modular organization allows students to focus on learning the core material they need to know, while Learning Outcomes and review questions provide them with immediate feedback on what they've learned and allow them to customize their study plan. Meanwhile, a concise text and a comprehensive supplements package helps students zero in on what they need to know—without the jargon—making personal health courses more rewarding.

The **MasteringHealth Edition** is designed to work with MasteringHealth to provide students with concrete learning goals, giving instructors an invaluable tool for assessing students' progress. The book builds on the power of MasteringHealth by tying its learning goals to a variety of interactive activities and assets.

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