



Looseleaf for Core Concepts in Health, Brief with Connect Access Card

By Paul Insel, Walton Roth

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The most reliable and widely used personal health text, *Connect Core Concepts in Health* utilizes the science behind health to teach and motivate students about their wellness. The thirteenth edition provides current, accurate, scientifically based information about a wealth of health and wellness topics and issues.

The 13th edition's online program is now seamlessly and deeply integrated with Blackboard and Blackboard related course management systems. Featuring interactive multimedia-driven activities and assessments, such as quizzes, video activities, health assessments, Internet research activities, online behavior change workbook, a fitness and nutrition log, and a multimedia eBook, this program is perfect for any hybrid or online course. Most activities and assessments are auto graded, entered into the grade book, and automatically uploaded to blackboard. This saves you time, holds your students accountable, and allows for seamless Course Management integration.

Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need, when they need it, and how they need it, so that your class time is more engaging and effective.

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Editorial Review

About the Author

Paul Insel, PhD is Clinical Associate Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has been the principal investigator of numerous NIH studies involving health education, mental health, blood pressure, cardiovascular disease and nutrition. He has authored 14 books and more than 100 articles.

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