

Health Basics Donatelle 11th Edition

A Guide to Biblical Commentaries and Reference Works, 11th Edition
Development Through The Lifespan
Psychosocial Health
and Well-being in High-Level Athletes
The Dimensions of Health
Exploring Lifespan Development
National Union Catalog
Health
Barcelona Conference on the Law of the World, 6-11 October, 1991
Keys to College Success
The Cumulative Book Index
Catalogue of the Harvard University Fine Arts Library, the Fogg Art Museum
Forthcoming Books
Dictionary Catalog of the Research Libraries of the New York Public Library, 1911-1971
Ten Questions
Health
Subject Guide to Books in Print
Concepts of Physical Fitness
Comprehensive Stress Management
Medical and Health Care Books and Serials in Print
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a guide to biblical commentaries and reference works 11th edition by john f evans summarizes and briefly analyzes all recent and many older commentaries on each book of the bible giving insightful comments on the approach of each commentary and its usefulness for biblical interpretation the easy to use book provides analysis in canonical order and includes helpful appendices for compiling a personal research library a guide to biblical commentaries and reference works 11th edition is a key reference tool for any student of the bible pastors laity and scholars alike

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the psychological health of competitive athletes is of paramount importance to performance retention and well being in sport and national governing bodies are increasingly concerned with its promotion psychosocial health and well being in high level athletes offers students researchers and practicing sport psychologists an accessible and rigorous grounding in the manifestations of psychosocial health in athletes the threats athletes face to their psychosocial health and the interventions which can be designed to enhance it seeking to guide future research and expand professional understanding of psychosocial issues in sport the book is based on a model of cognitive emotional social and spiritual health it clearly defines these dimensions in a sporting context before discussing pertinent threats such as career transitions injuries and abuse and interventions including adversarial growth life skill interventions prevention and organization policy and mindfulness based interventions providing an innovative and integrated perspective on psychosocial health and well being in competitive sport

this book is essential reading for upper level students taking any clinical sport psychology modules and for sport psychologists coaches and administrators working with competitive athletes

the dimensions of health conceptual models is an introductory text that examines the five dimensions of personal health physical social emotional intellectual and spiritual each chapter provides context for the study of that dimension includes examples of how experts think about that dimension presents two or more models developed by scholars and professionals discusses identifiable characteristics associated with each dimension by incorporating a variety of perspectives the dimensions of health enables students to formulate their own answer to the question what is health this text is perfect for use in conjunction with a personal health text or as a standalone for any personal health course

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a version of access to health this text emphasizes the essential health information necessary to develop a comprehensive understanding of health promotion and disease prevention the book is presented from a behavioural management perspective providing readers with practical health information

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through the use of activity labs and logs concepts of physical fitness provides readers with the self management skills necessary to adopt a healthy lifestyle

using an informal anecdotal style author jerrold greenberg helps you to understand the scientific foundations underlying stress in the ninth edition he discusses the latest research findings on the physical psychological sociological and spiritual aspects of stress and covers appropriate coping skills to help you manage stress in everyday life with this edition you can use laboratory assessment activities and exercises to relate concepts to your own life and to help identify coping strategies the text is now perforated for easy removal of the labs allowing you to easily develop your own stress portfolio explore new research findings about managing stress with humor in chapter 7 spirituality and stress in chapter 8 and helpful breathing exercises and the value of pets in managing stress in chapter 12 learn how to assist in decreasing stress levels in your community through getting along in your community boxes that show how to apply the chapter content to related community projects book jacket

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