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personal health perspectives and lifestyles emphasizes the individual's personal responsibility for wellness by presenting general core and current health information to guide decision making the focus of the text is to present health topics including cultural racial ethnic and gender diversity identify risk factors and give students useful and sensible suggestions to reduce their risk for preventable diseases and conditions in order to achieve optimal levels of wellness for themselves friends and family filled with practical advice stimulating discussion questions and self assessment exercises this text take an applied approach and empowers students to take control of their own

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gain a thorough understanding of the principles of biochemistry and molecular biology as they relate to modern medicine includes 16 case histories clear concise and in full color harper s this book unrivaled the ability to clarify the link between biochemistry and the molecular basis of disease combining outstanding full color illustrations with integrated coverage of biochemical diseases and clinical information harper s offers an organization and careful balance of detail and brevity not found in any other text on the subject new to this edition new chapters on aging cancer and clinical chemistry every chapter has been updated to reflect the latest advances in knowledge and technology each chapter now begins with a statement of objectives followed by a brief discussion of the biomedical importance of topics discussed within the chapter there are 250 multiple choice questions to test your knowledge and comprehension increased number of tables that encapsulate important information such as vitamin and mineral requirements

primarily intended for students who are taking their first course in pharmacology but also useful as an exam review offering questions and answers in a concise outline format focuses on general properties of drug categories and prototypical drugs

sex self and society the social context of sexuality contains 60 edited articles divided into 15 chapters covering a range of issues dealing with human sexuality focusing on sexuality as both process and as a social institution the book also covers contemporary issues such as abortion and sexually transmitted diseases

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