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## Title

Health Improvement and Well-being : Strategies for Action  
Common Sense Guide to Health and Safety for the Medical Professional  
Fitness After 40 : Your Strong Body at 40, 50, 60, and Beyond  
Unhealthy Anonymous : Exposing the Greatest Threat to Your Health and Happiness  
Positively Smarter : Science and Strategies for Increasing Happiness, Achievement, and Well-Being  
Nutrition for Brain Health and Cognitive Performance  
The Wellness Workbook for Bipolar Disorder : Your Guide to Getting Healthy and Improving Your Mood  
The Cancer Prevention Manual : Simple Rules to Reduce the Risks  
The Practical Playbook : Public Health and Primary Care Together  
Integrative Women's Health  
Nutrition at a Glance  
The Hand Book : Surviving in a Germ-Filled World  
PERFECT HEALTH - BODY DIET & NUTRITION  
Health Promotion Practice  
Public Health Ethics  
Get Fit, Stay Fit  
Happiness Explained : Human Flourishing and Global Progress  
Dental Public Health at a Glance  
Informed and Healthy : Theoretical and Applied Perspectives on the Value of Information to Health Care  
Fruits, Vegetables, and Herbs : Bioactive Foods in Health Promotion  
Preventive Nutrition : The Comprehensive Guide for Health Professionals  
Consumer Health Information Services and Programs : Best Practices  
Young People and the Aesthetics of Health Promotion : Beyond Reason, Rationality and Risk  
Body Work : Youth, Gender and Health  
Health Promotion for Children and Adolescents  
The Laughing Guide to Well-Being : Using Humor and Science to Become Happier and Healthier  
Staying Healthy From 1 to 100 : Diet and Exercise Current Medical Knowledge on How to Keep Healthy  
Introduction to Global Health Promotion  
The Menopause Maze : The Complete Guide to Conventional, Complementary and Self-Help Options  
Families, Young People, Physical Activity and Health : Critical Perspectives  
Healthy Places, Healthy People, 3rd Edition  
The Self-Tracking  
The 50 Healthiest Habits and Lifestyle Changes  
Diet and Nutrition Sourcebook : Basic Consumer Health Information About Dietary Guidelines, Servings and Portions  
Nutrition in Lifestyle Medicine  
Disease Prevention : A Critical Toolkit  
Men's Health Concerns Sourcebook : Basic Consumer Health Information About Trends and Issues in Men's Health  
Exploring Positive Psychology: The Science of Happiness and Well-Being : The Science of Happiness and Well-Being  
The Essential Edible Pharmacy : Heal Yourself From the Inside Out  
Managing Hypertension : Tools to Improve Health and Prevent Complications  
Health, Happiness, and Well-Being : Better Living Through Psychological Science  
Healthful Eating As Lifestyle (HEAL) : Integrative Prevention for Non-Communicable Diseases  
Health Psychology : An Interdisciplinary Approach to Health, CourseSmart ETextbook  
The Patient As Agent of Health and Health Care : Autonomy in Patient-Centered Care for Chronic Conditions

## Author

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HEALTH & FITNESS / Exercise  
HEALTH & FITNESS / Healthy Living  
EDUCATION / Aims & Objectives  
MEDICAL / Nutrition  
SELF-HELP / Mood Disorders / Bipolar Disorder  
HEALTH & FITNESS / Diseases / Cancer  
MEDICAL / Public Health  
MEDICAL / Preventive Medicine  
MEDICAL / Nutrition  
HEALTH & FITNESS / Healthy Living  
HEALTH & FITNESS / Beauty & Grooming  
MEDICAL / Preventive Medicine  
MEDICAL / Public Health  
MEDICAL / Preventive Medicine  
BUSINESS & ECONOMICS / Economics / General  
MEDICAL / Dentistry / General  
SCIENCE / Life Sciences / General  
TECHNOLOGY & ENGINEERING / Food Science / General  
MEDICAL / Nutrition  
LANGUAGE ARTS & DISCIPLINES / Library & Information Science / Administration & Management  
HEALTH & FITNESS / General  
SOCIAL SCIENCE / General  
MEDICAL / Nursing / Maternity, Perinatal, Women's Health  
EDUCATION / Educational Psychology  
MEDICAL / Public Health  
MEDICAL / Public Health  
HEALTH & FITNESS / Alternative Therapies  
EDUCATION / Physical Education  
MEDICAL / Nursing / General  
TECHNOLOGY & ENGINEERING / Social Aspects  
HEALTH & FITNESS / Healthy Living  
MEDICAL / Preventive Medicine  
MEDICAL / Nutrition  
MEDICAL / Public Health  
MEDICAL / Preventive Medicine  
PSYCHOLOGY / Emotions  
COOKING / Specific Ingredients / Natural Foods  
MEDICAL / Evidence-Based Medicine  
PSYCHOLOGY / Social Psychology  
MEDICAL / Endocrinology & Metabolism  
PSYCHOLOGY / Emotions  
MEDICAL / Ethics

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