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# Your Health Today: Choices In A Changing Society



## Synopsis

For your classes in Personal Health, McGraw-Hill introduces the latest in its acclaimed M Series. The M Series started with your students. McGraw-Hill conducted extensive market research with over 4,000 students to gain insight into their studying and buying behavior. Students told us they wanted more portable texts with innovative visual appeal and content that is designed according to the way they learn. We also surveyed instructors, and they told us they wanted a way to engage their students without compromising on high quality content. This exciting text presents personal health in the context of a changing social and cultural environment. Going beyond behavior change and individual responsibility, it offers a broadened view of health that includes the impact of family, community, and society. It's a new way of looking at health: "It's not just personal..." More current, more portable, more captivating, plus a rigorous and innovative research foundation adds up to: more learning. When you meet students where they are, you can take them where you want them to be.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (65 customer reviews)

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## Customer Reviews

2 chapters missing at end of book are considered "optional material" by publisher. In order to read it, the teacher had to get a "password" (somebody's email???) in order to access a PDF file, which CANNOT BE PRINTED so the user can read it away from the computer (BTW, very tiny print, hard to increase size in order to read it properly--not helpful for students with vision problems) & highlight key points of the material for studying for test! I would have given it 3 stars if not for this issue. Otherwise, material is fairly easy to understand, but it is boring (for a textbook). I would recommend

that Health & Wellness educators seek a different source of learning material.

I found out about this book because it was banned in a Fremont, CA school district when concerned parents and caregivers were up in arms about the content and thought their children shouldn't be exposed to this. Albeit this is meant as a college textbook, as a mental health clinician working with teenagers, I think this book would be extremely helpful in the psychoeducation of youth -- I mean, would those parents rather have their kids find out about sex, drugs, alcohol from experimentation and from their peers? How many of those parents and caregivers have "the sex talk" with their children? But with the age of technology, smartphones, and social media, young people have had to navigate even more nuanced relational aspects. I was sold on this book after reading a vignette on "Hooking Up," about two characters, Madison and Tomas -- check it out for yourself on page 259. For me, I will not use the textbook to endorse my clients to engage in a particular behavior or to impose a particular stance with regards to premarital sex or substance use. I plan to use the textbook to give my clients information -- which the book does in an educational, straightforward manner -- so that they can read it and make the healthiest decisions for themselves. As a clinical social worker, I'm biased, but I'm really glad this book devoted a section on mental health and what it is, and how to improve their mental health. I think that if used judiciously and age-appropriately, this can be a helpful tool of psychoeducation for young people, teenagers. And perhaps they might be more receptive to this medium (reading about the matter on their own, privately), compared to having an in vivo conversation about sex and intimacy with their therapist/teacher/parent/caregiver.

I had to buy this as a text book for my Health Class in college. The book looks like a thick magazine yet costs as much as 50 magazines. Obviously I don't have any interest in this book but I suppose it would be good for someone who is. Personally if I'm going to spend the money on expensive text books I'd rather have them look and feel like real text books.

The book gives you, in my opinion, pointless portfolios to do. I really enjoyed doing the medical insurance exercise just because it's useful and something you actually need to know. Other than that, this book covers a general view of public health and the different problems that our health specialists have with our society. They cover recent topics such as E-Cigs, ebola and the overdose of ibuprofen. It's not just the social side of public health but also the medical side of it. You'll learn about the brain, heart, lungs and how they react to certain situations/drugs/illnesses.

Great book, very informative and clear. Rented this for my college health class and I ended up learning a lot from it. It arrived on time and in great condition! Your Health Today teaches Personal Health from a socially responsible perspective. Your Health Today incorporates the individual, interpersonal, and broader social factors that affect our health, acting as a guide for healthy living in college. It's not just the social side of public health but also the medical side of it. You'll learn about the brain, heart, lungs and how they react to certain situations/drugs/illnesses. Great book and an even better professor to teach content out of it!

This textbook is awesome, at least as textbooks go. It is laid out like a magazine, making it much more user-friendly and appealing. I also felt that the content was informative, up to date, and very relevant for today's changing society.

The book was delivered in precisely 2 day and it was in perfect shape the only thing wrong with the book was a smudge where an old price tag use to be. Other than that the book was as promised and it is the best book I've ever bought for \$3.66!!! I will definitely order from Book Holder again.

The book was exactly as it appears! It arrived early for my online college course! Interesting book! It seems to be aimed for young adults in the questions it asks, which is a fresh new approach to just teaching the material. The user is asked to examine their life and their habits as they read the book. Great book honestly.

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