



Your Health Today: Choices in a Changing Society, 4th edition

Sara Mackenzie, David Rosenthal, Michael Teague

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In addition to applied assessments, the Your Health Today program includes a LearnSmart, an unparalleled adaptive learning program that diagnoses students' knowledge of a subject, then creates an individualized learning path to help them master the concepts that they find most challenging. Additionally, the eBook for Your Health Today includes supplementary chapters on Complementary and Alternate Medicine, and Environmental issues for instructors who cover that content. Instructors can also assign videos from the College Health Report series and use them as a lecture-launcher or ice-breaker in class discussions.

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