

mcgraw-hill health and wellness textbook pdf

mcgraw-hill health and wellness textbook pdf is a highly sought-after resource for students, educators, and individuals looking to deepen their understanding of health and wellness principles. This comprehensive article will delve into the various aspects of accessing, utilizing, and understanding the content typically found within McGraw Hill's health and wellness textbooks, often sought in PDF format. We will explore the benefits of using these textbooks, the typical subject matter covered, strategies for effective learning, and considerations for finding and using PDF versions. Whether you are a college student embarking on a health sciences course or a lifelong learner interested in improving your well-being, this guide aims to provide valuable insights into this essential educational material.

Table of Contents

- Understanding the Value of McGraw Hill Health and Wellness Textbooks
- Key Health and Wellness Topics Covered in McGraw Hill Textbooks
- Navigating and Maximizing the Use of a McGraw Hill Health and Wellness Textbook PDF
- The Benefits of Digital Access: McGraw Hill Health and Wellness Textbook PDF Advantages
- Considerations When Seeking a McGraw Hill Health and Wellness Textbook PDF

Understanding the Value of McGraw Hill Health and Wellness Textbooks

McGraw Hill is a reputable publisher known for its high-quality educational materials across various disciplines. Their health and wellness textbooks are meticulously researched and developed by leading experts in the field. These texts provide a strong foundation in understanding the multifaceted nature of health, encompassing physical, mental, emotional, social, and spiritual well-being. Students and educators rely on these textbooks for their accuracy, comprehensive coverage, and pedagogical approach, which often includes case studies, real-world examples, and interactive learning elements. The commitment to providing up-to-date information ensures that readers are exposed to the latest research, trends, and best practices in health and wellness, making them an indispensable resource for academic success and personal development.

The Role of McGraw Hill in Health Education

McGraw Hill has established a long-standing reputation for producing reliable and authoritative

academic content. Their health and wellness textbooks are designed to meet the rigorous standards of higher education and vocational training. They often integrate scientific principles with practical applications, helping readers connect theoretical knowledge to everyday life. This commitment to excellence makes their publications a preferred choice for institutions and individuals seeking a trustworthy source of health education. The publisher's dedication to curriculum development and instructional design further enhances the learning experience, providing educators with tools to effectively deliver complex health concepts to diverse student populations.

Core Principles of Health and Wellness as Presented

At their core, McGraw Hill health and wellness textbooks aim to educate readers on holistic well-being. This involves understanding that health is not merely the absence of disease but a dynamic state of optimal functioning. Key principles often explored include the interconnectedness of various health dimensions, the importance of preventative measures, and the influence of lifestyle choices on long-term health outcomes. Readers will learn about nutrition, physical activity, mental health management, stress reduction techniques, and the impact of social determinants on health. The emphasis is on empowering individuals to take proactive roles in managing their own health and contributing to healthier communities.

Key Health and Wellness Topics Covered in McGraw Hill Textbooks

The scope of health and wellness is broad, and McGraw Hill textbooks typically cover a wide array of essential topics. These resources are designed to provide a holistic view of human health, from individual behaviors to societal influences. Readers can expect in-depth discussions on nutrition and its role in disease prevention and management, the benefits of regular physical activity, and strategies for incorporating exercise into daily life. Furthermore, these textbooks delve into the complexities of mental and emotional health, offering insights into stress management, common mental health disorders, and strategies for building resilience. The social and environmental factors that impact health are also thoroughly examined, providing a comprehensive understanding of the broader context of well-being.

Physical Health: Nutrition, Exercise, and Disease Prevention

A significant portion of any McGraw Hill health and wellness textbook is dedicated to physical health. This includes detailed explorations of macronutrients and micronutrients, understanding dietary guidelines, and the impact of food choices on energy levels and disease risk. Exercise physiology, different types of physical activity, and guidelines for safe and effective training are also covered extensively. Additionally, these texts provide crucial information on common chronic diseases, their risk factors, symptoms, and prevention strategies, empowering readers with the knowledge to make informed decisions about their physical well-being and reduce their susceptibility to illness. The importance of sleep and its impact on overall health is also a frequently covered topic.

Mental and Emotional Well-being: Stress Management and Resilience

Recognizing the inseparable link between mind and body, McGraw Hill health and wellness textbooks place a strong emphasis on mental and emotional well-being. Chapters often focus on understanding the nature of stress, identifying stressors, and learning effective coping mechanisms such as mindfulness, relaxation techniques, and time management. The development of resilience, the ability to bounce back from adversity, is a key theme, with practical strategies for building emotional strength and maintaining a positive outlook. Discussions on common mental health challenges, including anxiety and depression, are presented in an accessible and informative manner, often including information on seeking professional help and supporting others.

Social and Environmental Health: Community and Global Perspectives

Beyond individual health, McGraw Hill textbooks explore the broader societal and environmental factors that influence well-being. This includes an examination of social determinants of health, such as socioeconomic status, access to healthcare, and education, and how they impact health disparities. The role of community health initiatives, public health policies, and global health challenges like infectious diseases and environmental pollution are also discussed. Understanding these larger contexts allows readers to appreciate the interconnectedness of personal health with the health of communities and the planet, fostering a sense of responsibility and encouraging engagement in public health efforts.

Navigating and Maximizing the Use of a McGraw Hill Health and Wellness Textbook PDF

Accessing a McGraw Hill health and wellness textbook in PDF format offers a convenient and portable way to engage with the material. To effectively utilize these digital resources, it is crucial to employ specific strategies. Start by familiarizing yourself with the textbook's structure; most PDFs retain the original chapter organization, including learning objectives, summaries, and key terms. Utilize the search function within your PDF reader to quickly locate specific topics or keywords, which is particularly useful for revision or when preparing for exams. Taking digital notes, highlighting important passages, and creating bookmarks can further enhance your comprehension and retention of the information. Integrating these digital tools with active learning techniques will lead to a more rewarding educational experience.

Effective Study Techniques for Digital Textbooks

When studying from a McGraw Hill health and wellness textbook PDF, active learning is paramount. Simply reading through the text is often insufficient for true understanding. Instead, engage with the material by summarizing key concepts in your own words, creating flashcards for important terminology, and answering any review questions provided within the text. Consider forming study groups where you can discuss complex topics and quiz each other. The PDF format allows for easy sharing of notes or specific sections with peers, facilitating collaborative learning. Regular review

sessions are also essential to reinforce learning and ensure long-term retention of the health and wellness principles presented.

Utilizing Search and Navigation Features in PDFs

The search functionality within a PDF reader is a powerful tool for navigating a McGraw Hill health and wellness textbook. Instead of flipping through pages, you can instantly access information by typing in keywords or specific phrases. This is invaluable when you need to quickly revisit a particular concept or find definitions of terms. Additionally, most PDF readers allow you to create bookmarks for important sections, making it easy to return to them later. Highlighting text in different colors can help categorize information, such as marking definitions, important theories, or areas that require further study. These features, when used strategically, can significantly streamline the learning process.

The Benefits of Digital Access: McGraw Hill Health and Wellness Textbook PDF Advantages

The availability of McGraw Hill health and wellness textbooks in PDF format offers numerous advantages for modern learners. Portability is a significant benefit; you can access your textbook on various devices, including laptops, tablets, and smartphones, allowing you to study anytime, anywhere. This digital format often supports accessibility features, such as adjustable font sizes and text-to-speech capabilities, which can greatly benefit students with visual impairments or learning disabilities. Furthermore, digital versions can sometimes be more cost-effective than their physical counterparts, making educational resources more accessible. The ease of searching and annotating within a PDF can also enhance the learning experience, promoting more efficient study habits.

Portability and Accessibility for On-the-Go Learning

One of the most compelling advantages of a McGraw Hill health and wellness textbook PDF is its unparalleled portability. Unlike bulky physical books, a PDF can be stored and accessed on a multitude of electronic devices. This means you can review course material during your commute, in a coffee shop, or while traveling, transforming any location into a potential study space. This flexibility is crucial for students with busy schedules or those who prefer to learn in diverse environments. The ability to quickly pull up specific chapters or search for key terms on a tablet or smartphone eliminates the need to carry heavy textbooks, making learning more convenient and less physically demanding.

Cost-Effectiveness and Environmental Considerations

In many instances, acquiring a McGraw Hill health and wellness textbook PDF can be more economical than purchasing a new physical copy. Educational institutions and publishers often offer digital versions at a reduced price, making these valuable resources more accessible to a wider student population. Beyond the financial benefits, choosing a PDF version also aligns with environmental consciousness. By opting for digital content, individuals contribute to reducing paper consumption, deforestation, and the carbon footprint associated with printing and shipping physical books. This shift

towards digital resources represents a more sustainable approach to educational material distribution and consumption.

Considerations When Seeking a McGraw Hill Health and Wellness Textbook PDF

When searching for a McGraw Hill health and wellness textbook PDF, it is essential to approach the process with careful consideration to ensure you obtain legitimate and high-quality materials. Always prioritize reputable sources. While free PDF downloads may seem appealing, they can often be unauthorized or contain outdated information, and may even pose security risks. Familiarize yourself with the latest editions of the textbooks, as health and wellness research is constantly evolving. Understanding copyright laws and ethical considerations is also important; purchasing legitimate copies supports the authors and publishers who invest heavily in creating these valuable educational resources.

Ensuring Authenticity and Legality of Digital Copies

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Identifying the Latest Editions for Current Health Information

Health and wellness is a dynamic field, with new research and guidelines emerging regularly. Therefore, when seeking a McGraw Hill health and wellness textbook PDF, it is paramount to identify the latest edition. Older editions may not reflect current medical understanding, treatment protocols, or public health recommendations. Always check the publication date and compare it with the required edition for your course. If you are using the textbook for personal learning, prioritize the most recent version to ensure you are studying the most up-to-date and accurate information available. This commitment to current knowledge is fundamental for effective learning in the health sciences.

Frequently Asked Questions

Where can I find a PDF of the McGraw Hill Health and Wellness textbook?

Legitimate PDF versions of textbooks are typically available for purchase or rent through official

McGraw Hill platforms, your institution's bookstore, or authorized online textbook retailers. Be cautious of unofficial sources, as they may offer pirated or outdated versions.

Is the McGraw Hill Health and Wellness textbook PDF accessible on multiple devices?

Most official digital textbook platforms allow access on multiple devices, often through a web browser or a dedicated app. Check the specific platform's features for compatibility with computers, tablets, and smartphones.

What are the benefits of using a McGraw Hill Health and Wellness textbook PDF compared to a physical copy?

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Are there accessibility features for students with disabilities in the McGraw Hill Health and Wellness textbook PDF?

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Can I share my McGraw Hill Health and Wellness textbook PDF with classmates?

Sharing copyrighted material without permission is a violation of copyright law. Official textbook licenses typically restrict sharing to prevent piracy.

Additional Resources

Here are 9 book titles related to McGraw-Hill health and wellness textbooks, presented as a numbered list with short descriptions:

1. Foundations of Health & Wellness: A Comprehensive Textbook

This foundational text likely covers the core principles of physical, mental, and social well-being. It would offer a broad overview of topics such as nutrition, exercise, stress management, disease prevention, and healthy relationships, serving as an introductory resource for students and individuals seeking a holistic understanding of health. Expect detailed explanations of key concepts and practical applications.

2. Dimensions of Wellness: Exploring Holistic Health

This book delves into the interconnected nature of various dimensions of wellness, going beyond just physical health. It would explore psychological, emotional, social, spiritual, environmental, and occupational aspects of well-being, emphasizing how they influence overall quality of life. Readers can expect strategies and insights to cultivate balance and vitality across all these areas.

3. Behavior Change for Lifelong Health

This title focuses on the practical application of health and wellness principles through behavior modification. It would likely explore theories of behavior change, such as the Transtheoretical Model, and provide tools and techniques for setting goals, overcoming barriers, and developing sustainable healthy habits. The book aims to empower readers to make lasting positive changes in their lifestyle.

4. Nutrition for Optimal Health: A Science-Based Approach

This textbook concentrates specifically on the role of nutrition in maintaining and improving health. It would cover macronutrients and micronutrients, dietary guidelines, the science behind digestion and metabolism, and the impact of food on disease prevention. Expect evidence-based recommendations for healthy eating patterns and practical advice for making informed dietary choices.

5. The Active Body: Principles of Exercise Physiology and Fitness

This book examines the physiological responses of the body to physical activity and exercise. It would explain the benefits of different types of exercise, principles of training, and how to design safe and effective fitness programs. The content is geared towards understanding the science behind movement and how to optimize physical performance and health through regular activity.

6. Mental Wellness in the Modern World: Strategies for Resilience and Well-being

This title addresses the critical aspect of mental health and its integral role in overall wellness. It would explore common mental health challenges, coping mechanisms, stress reduction techniques, and strategies for building emotional resilience. The book aims to equip readers with the knowledge and skills to navigate the complexities of mental well-being in today's society.

7. Health Promotion and Disease Prevention: A Public Health Perspective

This textbook takes a broader view, focusing on strategies and interventions to improve the health of populations and prevent the spread of diseases. It would cover public health principles, epidemiology, health education, and policy development. The book is essential for understanding how to create healthier communities and address health disparities.

8. Stress Management and Mindfulness: Cultivating Inner Peace

This book offers practical approaches to managing stress and enhancing mental clarity through mindfulness practices. It would explain the physiological and psychological effects of chronic stress and introduce various mindfulness techniques, such as meditation and deep breathing. The goal is to help readers develop greater self-awareness and reduce the impact of stress on their lives.

9. Your Health Journey: A Guide to Personal Well-being

This title presents a more personalized and guided approach to health and wellness. It would likely provide a framework for individuals to assess their current health status, set personal goals, and develop a customized plan for improvement. The book serves as a motivational and informational companion for anyone embarking on a journey towards better health.

Mcgraw Hill Health And Wellness Textbook Pdf

Unlocking Knowledge: A Guide to McGraw-Hill Health and Wellness Textbooks in PDF Format

This ebook delves into the world of McGraw-Hill Health and Wellness textbooks available in PDF format, exploring their significance in education, accessibility, and the potential pitfalls of unauthorized access. We will examine the advantages and disadvantages of using PDF textbooks, address copyright concerns, and offer practical tips for students and educators seeking reliable access to these crucial learning resources.

Ebook Title: Navigating the World of McGraw-Hill Health and Wellness Textbooks: A Comprehensive Guide to Access, Usage, and Ethical Considerations

Content Outline:

Introduction: Defining Health and Wellness, the Role of Textbooks, and the Rise of Digital Learning Resources.

Chapter 1: Exploring McGraw-Hill's Health and Wellness Textbook Offerings: A detailed overview of the different textbook titles, their target audience (e.g., undergraduate, graduate, specific

healthcare professions), and their pedagogical approaches.

Chapter 2: The Advantages and Disadvantages of PDF Textbooks: Weighing the benefits of portability, cost-effectiveness, and searchability against potential drawbacks such as formatting issues, accessibility concerns, and the risk of unauthorized copies.

Chapter 3: Legitimate Access to McGraw-Hill Health and Wellness Textbooks in PDF Format:

Exploring options like institutional access through libraries and educational institutions, purchasing digital versions directly from McGraw-Hill, and utilizing subscription services.

Chapter 4: Copyright and Ethical Considerations: A discussion of copyright law pertaining to digital textbooks, the legal ramifications of unauthorized distribution and access, and the importance of academic integrity.

Chapter 5: Practical Tips for Using PDF Health and Wellness Textbooks: Strategies for effective note-taking, highlighting, annotation, and organization of digital learning materials. Includes advice on using PDF reader software effectively.

Chapter 6: Accessibility and Inclusivity in Digital Health and Wellness Textbooks: Addressing accessibility features within the PDFs, considerations for students with disabilities, and resources available to improve accessibility.

Chapter 7: The Future of Health and Wellness Education and Digital Textbooks: Discussing emerging trends in digital learning, the integration of technology, and the evolving role of textbooks in healthcare education.

Conclusion: Summarizing key findings and reiterating the importance of ethical and legal access to educational resources.

Detailed Explanation of Outline Points:

Introduction: This section establishes the context by defining health and wellness, highlighting the critical role textbooks play in educating future healthcare professionals, and explaining the shift toward digital learning resources, emphasizing the increasing availability and popularity of PDFs.

Keywords: health and wellness, textbooks, digital learning, healthcare education, PDF.

Chapter 1: This chapter provides a comprehensive catalog of McGraw-Hill's offerings in health and wellness, categorizing them by subject (e.g., anatomy and physiology, nursing, medical terminology) and target audience. It analyzes the pedagogical approaches employed in each textbook, focusing on features like interactive elements, case studies, and online resources. Keywords: McGraw-Hill, health textbooks, wellness textbooks, anatomy and physiology, nursing textbooks, medical terminology, healthcare professions.

Chapter 2: This chapter presents a balanced view of the pros and cons of using PDF textbooks. It discusses the benefits like portability, cost savings (compared to print), and the ease of searching. It counterbalances these advantages with potential drawbacks, such as formatting issues (especially for complex diagrams), accessibility concerns for students with disabilities, and the significant risk associated with illegally obtained copies. Keywords: PDF textbooks, advantages of PDF, disadvantages of PDF, digital textbooks, accessibility, formatting issues.

Chapter 3: This chapter focuses on ethical and legal access. It guides readers to legitimate sources, such as institutional library access, direct purchase from McGraw-Hill's website or authorized retailers, and subscription services that provide access to digital textbooks. Keywords: legal access, McGraw-Hill purchase, institutional access, library access, digital textbook subscriptions.

Chapter 4: This section delves into copyright law, emphasizing the legal ramifications of pirating and sharing copyrighted material. It underlines the importance of academic integrity and the ethical

responsibility of students and educators to use educational resources responsibly. Keywords: copyright law, intellectual property, plagiarism, academic integrity, unauthorized access, legal ramifications.

Chapter 5: This chapter offers practical advice on maximizing the utility of PDF textbooks. It covers effective note-taking techniques adapted to digital formats, strategies for highlighting and annotating PDFs, and recommendations for organizing digital files for easy access and retrieval. Keywords: PDF annotation, note-taking techniques, digital organization, PDF reader software, study tips.

Chapter 6: This chapter focuses on accessibility. It discusses features within the PDFs designed to aid students with disabilities (e.g., screen reader compatibility, alternative text for images). It also provides links to resources and assistive technologies that can enhance accessibility for all students. Keywords: accessibility, disability, assistive technology, inclusive learning, screen readers, alternative text.

Chapter 7: This chapter explores future trends in digital learning and the role of textbooks. It discusses the integration of technology, such as interactive simulations and virtual labs, and explores emerging models of digital content delivery and access. Keywords: future of education, digital learning trends, interactive learning, virtual labs, online education.

Conclusion: This section summarizes the key takeaways from the ebook, emphasizing the importance of ethical and legal access to educational materials while acknowledging the benefits and challenges of using PDF textbooks in health and wellness education. Keywords: summary, conclusion, key takeaways, ethical considerations, digital textbooks.

FAQs

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wellness? What does it mean to be healthy? Maybe you have some ideas about the answers to these questions, or maybe these questions are new altogether. Either way, Comprehensive Health can help you navigate the path to a healthy life. Up-to-date, accessible, and exciting, Comprehensive Health is a new high school textbook program that addresses the adolescent health and wellness issues most important to today's students. The text will help you answer your health questions, including questions related to human sexuality, nutrition, fitness, mental health, and avoiding hazardous substances. Comprehensive Health provides current, reliable content supported by classroom-tested activities to help you develop the health and wellness skills you need to lead a healthy life.

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Fitness for Life, will help students become physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. The book will guide students in becoming informed consumers on matters related to lifelong physical activity and fitness, taking responsibility for setting individualized goals, and making their own plans for active living. To accomplish this overarching goal, they learn a variety of self-management skills, including self-assessment. The program is based on established educational theory, which is outlined in the teacher web resources. And they learn all of this through a combination of classroom and physical activity lessons that meet national, state, and local physical activity guidelines and help instill a love for lifetime fitness activities. Part I also enables students to achieve the following goals:

- Meet college and career readiness standards by learning and using critical thinking, decision making, and problem-solving skills
- Use the Stairway to Lifetime Fitness concept, created by author Chuck Corbin, to encourage higher-order learning (move from dependence to independence)
- Perform self-assessments, including all tests in the Fitnessgram battery and the Presidential Youth Fitness Program

Part I includes many features that actively engage students by allowing them to:

- Assess their own fitness and other health and wellness factors to determine personal needs and assess progress resulting from healthy lifestyle planning.
- Use Taking Charge and Self-Management features to learn self-management skills (e.g., goal setting, self-monitoring, self-planning) for adopting healthy lifestyles.
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- Do reading and writing assignments as well as calculations that foster college and career readiness.
- Try out activities that are supported by lesson plans offered in the teacher web resources and that can help students be fit and active throughout their lives.
- Take part in real-life activities that show how new information is generated by using the scientific method.
- Become aware of and use technology to learn new information about fitness, health, and wellness and learn to discern fact from fiction.
- Use the web and the unique web icon feature to connect to relevant and expanded content for essential topics in the student web resource.
- Find Academic Connections that relate fitness topics to other parts of the curriculum such as science, language arts, and math.
- Use other features such as fitness quotes, consumer corner, Fit Facts, and special exercise features (including exercise and self-assessment videos) that promote higher-order learning.
- Focus their study time by following cues from Lesson Objectives and Lesson Vocabulary elements in every chapter.
- Use the chapter-ending review questions to test their understanding of the concepts and use critical thinking and project assignments to meet educational standards, including college and career readiness standards.

Part II, Health for Life, teaches high school students the fundamentals of health and wellness, how to avoid destructive habits, and how to choose to live healthy lives. This text covers all aspects of healthy living throughout the life span, including preventing disease and seeking care; embracing the healthy lifestyles choices of nutrition and stress management; avoiding destructive habits; building relationships; and creating healthy and safe communities. Part II also has an abundance of features that help students connect with content:

- Lesson Objectives, Lesson Vocabulary, Comprehension Check, and Chapter Review help students prepare to dive in to the material, understand it, and retain it.
- Connect feature spurs students to analyze various influences on their health and wellness.
- Consumer Corner aids students in exploring consumer health issues.
- Healthy Communication gets students to use and expand their interpersonal communication skills as they share their views about various health topics.
- Skills for Healthy Living and Making Healthy Decisions help students learn and practice self-management so they can make wise choices related to their health and wellness.
- Planning for Healthy Living assists students in applying what they've learned as they set goals and establish plans for behavior change.
- Self-Assessment offers students the opportunity to evaluate their health habits and monitor improvement in health behaviors.
- Find Academic Connections that relate fitness topics to other parts of the curriculum such as science, language arts, and math.
- Take It Home and Advocacy in Action prepare students to advocate for health at home and in their communities.
- Health Science and Health Technology focus on the roles of science and technology as they relate to health and where science and technology intersect

regarding health issues. • Living Well News challenges students to integrate health literacy, math, and language skills to better understand a current health issue.

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education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

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Africa and Asia, it first discusses the theory of health promotion and vital concepts. It then presents updated evidence-based health promotion approaches in different populations (people with chronic diseases, cancer, heart failure, dementia, mental disorders, long-term ICU patients, elderly individuals, families with newborn babies, palliative care patients) and examines different health promotion approaches integrated into primary care services. This edited scientific anthology provides much-needed knowledge, translating research into guidelines for practice. Today's medical approaches are highly developed; however, patients are human beings with a wholeness of body-mind-spirit. As such, providing high-quality and effective health care requires a holistic physical-psychological-social-spiritual model of health care is required. A great number of patients, both in hospitals and in primary health care, suffer from the lack of a holistic oriented health approach: Their condition is treated, but they feel scared, helpless and lonely. Health promotion focuses on improving people's health in spite of illnesses. Accordingly, health care that supports/promotes patients' health by identifying their health resources will result in better patient outcomes: shorter hospital stays, less re-hospitalization, being better able to cope at home and improved well-being, which in turn lead to lower health-care costs. This scientific anthology is the first of its kind, in that it connects health promotion with the salutogenic theory of health throughout the chapters. The authors here expand the understanding of health promotion beyond health protection and disease prevention. The book focuses on describing and explaining salutogenesis as an umbrella concept, not only as the key concept of sense of coherence.

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