



# An Invitation to Health

SIXTH EDITION

Dianne Hales



# An Invitation to Health

The Power of Prevention

Sixth Edition

Dianne Hales



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### Metropolitan Life Insurance Company Height and Weight Tables\*

Height	Men Weight (lb)			Height	Women Weight (lb)		
	Small Frame	Medium Frame	Large Frame		Small Frame	Medium Frame	Large Frame
5'1"	123-129	126-136	133-145	4'9"	98-108	106-118	115-128
5'2"	125-131	128-138	135-148	4'10"	100-110	108-120	117-131
5'3"	127-133	130-140	137-151	4'11"	101-112	110-123	119-134
5'4"	129-135	132-143	139-155	5'0"	103-115	112-126	122-137
5'5"	131-137	134-146	141-159	5'1"	105-118	115-129	125-140
5'6"	133-140	137-149	144-163	5'2"	108-121	118-132	128-144
5'7"	135-143	140-152	147-167	5'3"	111-124	121-135	131-148
5'8"	137-146	143-155	150-171	5'4"	114-127	124-138	134-152
5'9"	139-149	146-158	153-175	5'5"	117-130	127-141	137-156
5'10"	141-152	149-161	156-179	5'6"	120-133	130-144	140-160
5'11"	144-155	152-165	159-183	5'7"	123-136	133-147	143-164
6'0"	147-159	155-169	163-187	5'8"	126-139	136-150	146-167
6'1"	150-163	159-173	167-192	5'9"	129-142	139-153	149-170
6'2"	153-167	162-177	171-197	5'10"	132-145	142-156	152-173
6'3"	157-171	166-182	176-202	5'11"	135-148	145-159	155-176

\*Ranges show weights in pounds at ages 25-29 based on lowest mortality. The tables have been adjusted to represent weights without clothes and heights without shoes.  
source: Adapted from the 1983 Metropolitan Height and Weight Tables. Reprinted courtesy of the Metropolitan Life Insurance Company.

To my husband, Bob,  
and my daughter, Julia,  
who make every day  
an invitation to joy



# Preface

## For the Student

You've bought dozens of textbooks, taken dozens of courses, studied dozens of subjects. This one is different. The reason: It's not about history or computers or sociology; it's about you. What you learn in this class will have a direct impact on how you'll look, feel, and act—now and for decades to come. Maybe you're in pretty good health and think that you already know how to take care of yourself. If so, stop and ask yourself some questions:

- Do you feel that you understand yourself? Do you often feel stressed out? Can you cope with emotional upsets and crises?
- Do you eat nutritiously? Are you always going on—and off—diets? Do you exercise regularly?
- Do you work at building solid, supportive relationships with others? Are you conscientious about birth control and safer-sex practices?
- Are you caught up in any compulsive behaviors? Do you get drunk or high occasionally? Do you smoke?
- If you needed health care, do you know where you'd turn or how you'd pay? Are you at risk for infectious diseases, heart problems, cancer, or other serious illnesses?
- Have you taken steps to ensure your safety at home, on campus, or on the streets? Do you see any connection between your fate and the state of our planet? Have you ever confronted your own feelings and fears about dying?
- What are you doing today to prevent physical, psychological, social, or environmental problems in the future?

Chances are that there are some aspects of health you've never considered before—and others that you feel you don't have to worry about for years. Yet the choices you make and the actions you take now will have a dramatic impact on your future.

Ultimately, the power of prevention belongs to you—and it's a lot easier than you might think. You might simply add a walk or workout to your daily routine. You might snack on fruit instead of high-fat foods. You might cut back on alcohol. You might use a condom each and every time you have sex. You might buckle your seat belt whenever you get in a car. These things may not seem like a very big

deal, yet they may well make a crucial difference in determining how active and fulfilling the rest of your life will be.

Your health is your personal responsibility. Over time, your priorities and needs will inevitably change, but the connections between various dimensions of your well-being will remain the same: The state of your mind will affect the state of your body—and vice versa. The values that guide you through today can keep you mentally, physically, and spiritually healthy throughout your days on earth. Your ability to cope with stress will influence your decisions about alcohol and drug use. Your commitment to honest, respectful relationships will affect the nature of your sexual involvements. Your eating and exercise habits will determine whether you develop a host of medical problems. Your concern for the children you bring into this world will influence your willingness to work toward community and environmental change.

*An Invitation to Health*, Sixth Edition, packed with information, advice, recommendations, and research, provides the first step. The *Student Companion*, which accompanies this text, will also help you reach your goal of better health by helping you to identify and review the main concepts in each chapter and by showing you how knowledge of your own health behaviors can be used to devise a simple program for maintaining or improving your well-being. But keep in mind that a personal health class is unlike any other course you'll take at college. You can't simply read the text, do your assignments, and pass the exams; you have to live what you learn.

This book is, indeed, an invitation—an invitation to health in its broadest sense, to personal fulfillment, to life itself. Its pages provide the practical tools you need to work toward achieving your fullest potential. We hope that you keep this book and use it often as your personal health manual. We also hope that you accept our invitation in another sense—that you live what you learn and make the most of your health and of your life—now and through all the years and adventures the future may bring you.

May you live long and well.  
Dianne Hales



## For the Instructor

Throughout the twentieth century, the health sciences focused primarily on curing disease—with more powerful drugs, more sophisticated diagnostic tests, more effective therapies. Yet, all too often, the very best treatments still come too late and offer too little. On the eve of the twenty-first century, we are entering a new era in health care, and its hallmark will be prevention. *An Invitation to Health*, Sixth Edition, introduces students to this new way of thinking about their health and their future. Subtitled *The Power of Prevention*, it outlines the keys to preventing the major killers of Americans—heart disease, cancer, and accidents—and to preparing for a life of health in the fullest sense of the word.

Throughout the sixth edition, we define health in the broadest possible way—not as an entity in itself, but as a process of discovering, using, and protecting all the resources within the individual, family, community, and environment. We view health as a subject that encompasses body, mind, and spirit, and we've brought this vision to life by providing students with the information and inspiration they need to make healthful decisions and changes.

*An Invitation to Health*, Sixth Edition, includes more research, more references, and more pedagogical features. We've tried to involve the students in more ways, to entice and excite readers by making the content as relevant to their lives as possible. Yet our essential themes will be familiar to those who've used previous editions: an emphasis on personal responsibility, a commitment to prevention, practical information for the development of skills for making choices, and a focus on behavioral change. You will see even more practical applications of knowledge, more coverage of issues that touch students' lives, and the most recent research and references possible. Yet you will also discover a completely new and fresh book, one clearly designed to meet the issues and challenges of the twenty-first century.

## The Making of the Sixth Edition

In preparing each edition of *An Invitation to Health*, the editors and I have had the same goal: creating the best health textbook on the market. The responses we've received from instructors and students have been enthusiastic and gratifying. Yet

again and again, we ask: What can we do to make the next edition of *An Invitation to Health* even better?

We asked this question to dozens of people over a period of more than a year. We turned to individuals in different regions of the country, with different areas of interest and expertise, and with different types of students and courses. Health instructors who had used previous editions of *An Invitation to Health* provided in-depth analytical reviews. A cross section of professors from around the country came to the offices of Benjamin/Cummings for a focus group. We also selected a group of reviewers to work closely with us throughout the developmental process, providing feedback on chapters as they were prepared and revised. Because we believe that a text should reflect the concerns of its audience, we also asked for an expert opinion on ways in which we could make our text more relevant to today's diverse, multicultural student population. In addition, leading professionals in the fields of nutrition, consumer health, environmental health, cardiovascular disease, and cancer provided insights into each of their specialties, serving as our own quality assurance panel.

To an enormous extent, the comments and insights of our reviewers and consultants shaped the sixth edition. When they pointed out a particularly important topic for their students, we expanded our coverage. When they requested examples, we added them. When they asked for clarification or another perspective, we provided it.

In addition to seeking input and feedback, I personally devoted many months to research. Because the field of health science is so broad and so fast-changing, the task of keeping up with the latest developments is a never-ending one. The enormity of this effort is reflected in the fact that the sixth edition of *An Invitation to Health* has approximately 682 citations from 1991-1993 references. The majority are from primary sources, including professional books; medical, health, and mental health journals; health education periodicals; scientific meetings; federal agencies; and publications from research laboratories and universities. Whenever I felt a need for additional insight into a subject, I interviewed specialists. This extra dimension of personal research provides an immediacy and vitality not found in other health texts.

We recognize, moreover, that today's students expect a textbook to be visually as well as intellectually stimulating, and our design and production team worked hard to make *An Invitation to Health*, Sixth



Edition, intriguing to the eye as well as the mind. We think you'll find the clean, modern design of the book easy to use and a pleasure to read.

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## New and Expanded Topics in the Sixth Edition

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The sixth edition of *An Invitation to Health* includes twenty-two chapters, divided into six sections. The organization is flexible, so you can use the chapters in any order that suits your needs. The chapters present key concepts in health in a comprehensive manner and cover the most current and controversial issues in the field. The following is a chapter-by-chapter listing of some of the key subjects we either added or expanded for this edition.

### Chapter 1: The Power of Prevention

Greater emphasis on prevention, both from a policy and a personal point of view; discussion of Healthy People 2000 objectives; new section on health risk assessment; major new section on minority groups and health, including comparison of cultural differences in rates of morbidity and mortality, differential access to health care, and discussion of the reasons for these differences; expanded section on student health issues; an overview of different models for changing health behavior; new self-survey that's easier to score and interpret; and a new feature on how to evaluate health news.

### Chapter 2: The Healthy Mind

Expanded discussions of happiness, optimism, humor, and coping mechanisms; greater emphasis on getting to know yourself—your needs, feelings, values, and goals; new feature on assertiveness as a way of preventing problems; discussion of the relationship between culture and psychological health; and a new feature on ways different groups connect with their cultural heritage.

### Chapter 3: Stress Management

New section on job stress, including strategies for prevention; new section on social stressors, including discrimination and homelessness; new section on violence, from a public health rather than a personal safety perspective, including discussion of the causes, consequences, and prevention of violence; new section on stress's toll on the mind, including adjustment disorders and post-traumatic stress disorder; first-ever coverage of psychoneuroimmunology; new section on stress prevention; and a discussion of sleep and fatigue.

### Chapter 4: Understanding Psychological Problems

Expanded coverage of anxiety, panic, phobias, depressive disorders, and schizophrenia; new section on self-help and prevention of psychological problems; expanded discussion of types of therapy; new self-survey on depression; new feature on attention-deficit hyperactivity disorder; and a new personal account by a schizophrenic.

### Chapter 5: The New Nutrition

Newest dietary guidelines; first-ever coverage of the new Food Guide Pyramid; new research on the effects of different foods, vitamins, and minerals on health; new section on alternative diets, including different ethnic foods, fast foods, and vegetarian diets; emphasis on eating for prevention, including scientific rationales as well as practical suggestions; expanded coverage of food safety issues, such as food additives and food labeling; and a new feature on food rituals from different cultures.

### Chapter 6: Unhealthy Eating Behaviors

Greatly expanded coverage of eating disorders, including anorexia nervosa and bulimia nervosa; personal account of a person with an eating disorder; discussion of the influence of culture on body image; and a revised section on weight management, with emphasis on prevention.

### Chapter 7: The Joy of Fitness

Emphasis on exercise as prevention; new research on the effects of exercise; expanded coverage of specific flexibility exercises; revised section on aerobic



fitness, including discussions of walking, jogging, swimming, cycling, cross-country skiing, skipping rope, dancing, step-training, stair climbing, and rollerblading; and fitness goals for the year 2000 from the President's Council on Physical Fitness and Sports.

### **Chapter 8: Optimal Aging: Living Longer and Better**

New research on longevity and human growth hormones; revised section on the problems of the elderly, with up-to-date coverage of psychological problems, mental deterioration, and Alzheimer's disease; new feature on preventing osteoporosis; and a new feature on cultural differences in aging.

### **Chapter 9: Your Relationships and Roles**

Revised discussion about forming relationships; emphasis on issues and concerns of students in the mid-1990s; emphasis on how to prevent problems in long-term relationships; updated statistics about relationships and families; new section on siblings; and expanded coverage about the children of divorce and single-parent or blended families.

### **Chapter 10: Sexual Identity, Health, and Behavior**

Updated information about teenage sexuality and sexuality on college campuses; new research on treatment for such health concerns as menstrual cramps, menopause, and prostate problems; revised section on sexual orientation, including discussion of sexual preferences, bisexuality, and homosexuality; greatly expanded section on safer sex, with an emphasis on prevention and expanded coverage of HIV infection and AIDS; expanded discussion of sexual stereotyping; a new feature about sexuality in different cultures; and a new self-survey on sexual awareness.

### **Chapter 11: Reproductive Choices**

Coverage of new contraceptives, including Depo-Provera, the female condom, and male contraceptives; new research on the effectiveness of the pill and other existing contraceptives; revised and updated section on abortion, including the abortion pill and the politics of abortion; revised sections on

preconception and prenatal care, with an emphasis on prevention; new research on risks for infants; and a revised section on alternatives for infertile couples.

### **Chapter 12: Addictive Behaviors**

Greater emphasis on the process of addiction; emphasis on ways to prevent addiction; revised section on codependence and dysfunctional relationships; and a new self-survey on codependence.

### **Chapter 13: Drug Use, Misuse, and Abuse**

Revised section on the impact of drugs on society, including the war on drugs and prevention; new data on usage patterns; new research on the effects of different types of drugs; new section on "smart" drugs; revised sections on anabolic steroids, cocaine and crack, and opiates; and a new feature about the effects of medications on the mind.

### **Chapter 14: Responsible Drinking**

New data on the extent of drinking in different populations; latest information on allowable blood alcohol levels; new section on nonalcoholic drinks; new research on the effects of drinking, including special risks for women; revised discussion about the types of alcoholism; new feature on the influence of cultural differences on drinking patterns; and a revised self-survey identifying drinking problems.

### **Chapter 15: Tobacco Use**

Emphasis on prevention; new data on the extent of tobacco use in different populations; new section about the genetic influences on starting smoking; new research on the health effects of smoking, including cancer, heart disease and stroke, and respiratory diseases; revised section on passive smoking; and the latest information on ways to quit smoking.

### **Chapter 16: Becoming a Healthwise Consumer**

Revised section on self-care, with greater emphasis on prevention; expanded section on dental care; expanded discussion of medical tests; revised section on medical rights; revised and updated section on the crisis in health-care, including discussion of health-care reform, cost, and insurance; new feature

on unconventional therapies; new feature on how other countries pay for health care; and a revised self-survey about medical rights.

## Chapter 17: Protecting Yourself from Infectious Diseases

Latest research on AIDS and other infectious diseases; new section on immunization, including the latest immunization recommendations; revised section on common infectious diseases, with an emphasis on prevention; new section on risk factors for infectious disease; revised section on strep infections; new section on women and HIV disease; revised discussion of the impact of HIV disease; updated coverage of STDs, including new research as well as revised statistics; and new personal accounts by AIDS patients.

## Chapter 18: Preventing Heart Problems

Latest research on cardiovascular disease, including risk factors, new diagnostic techniques, and new treatments; revised discussions about hypertension and cholesterol; and a new personal account about a patient with heart disease.

## Chapter 19: Lowering Your Risk of Cancer and Other Major Diseases

Latest research on cancer and other diseases; new sections on each of the major types of cancer, including epidemiology, risk factors, diagnosis, symptoms, and treatment; new section on diabetes among ethnic minorities; new section on disabilities; new feature on cancer prevention; and a new personal account about a patient with breast cancer.

## Chapter 20: Personal Safety

Revised section on recreational safety; updated statistics on safety hazards; new section on sexual victimization; expanded section on sexual coercion and rape, including types of rape; and a new feature on date rape.

## Chapter 21: Environmental Health

Updated report on the state of the environment; discussion of current efforts to save the environment; new section on speaking out to protect the environ-

ment; latest research on the effects of different types of pollution; reorganized section on air pollution; expanded coverage about the dangers of lead; and a new feature on recycling.

## Chapter 22: When Life Ends

New section on near-death experiences; new section on physician-assisted death; expanded coverage about writing a living will; and a new feature about cultural influences on life-and-death decisions

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## What Makes the Sixth Edition Special

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In addition to its updated and expanded content, there are other aspects and features of this revision that make the sixth edition the best ever. The following are brief descriptions of some of these key aspects and features.

### Current References

The sixth edition includes approximately 600 references from 1992 and 1993, the majority from primary scientific sources. Incorporated in its pages are the latest medical breakthroughs, such as the development of an effective male contraceptive; the latest research on health risks, such as those associated with anabolic steroids; and the latest advances in recognizing and treating illnesses, such as heart disease and hypertension.

### Relevant Issues

*An Invitation to Health, Sixth Edition*, is a book about and for your students, whether they're young adults or older, Asian American or Latino. One of its goals is to give them more control over their lives and well-being. It includes new material of interest to traditional college-age students, such as living with parents, and also to older students, such as dealing with on-the-job safety threats. We've also made every effort to include information about the health behaviors and practices of different cultures to make this book as relevant as possible to today's multicultural student population.



## In-Text Pedagogical Features

Each chapter begins with learning objectives to help students anticipate the material the chapter will cover and concludes with “Making This Chapter Work for You,” a summary combined with specific guidelines for translating the information in the chapter into behavioral change. At the end of each chapter, “Review Questions” and new “Critical Thinking Questions” will help students think about the information they’ve just learned. Other features that help to teach current health information and that keep the student involved and interested in the text include the following:

- *In Focus*. This feature presents in-depth coverage of topics of practical or personal concern to students, such as “How to Evaluate Health News,” “A Preventive Weight-Management Program,” and “Condoms: A Guide for Men and Women.”
- *Perspectives*. This new feature expands our coverage of health-care issues by presenting multicultural perspectives on selected topics, including “Adult Sexuality in Other Cultures,” “Drinking and Ethnic Groups,” and “How Other Countries Pay for Health Care.”
- *Community Focus*. This new feature expands our focus on individual health behavior change by exploring the potential for enhancing health through community involvement and social change. Some of the issues discussed in these boxes include “The Stress of Homelessness,” “Caring for the Elderly,” and “Access to Health Care.” Additional “Community Focus” boxes can be found in the *Instructor’s Guide* that accompanies the text and in the *By Invitation Only* updates you’ll receive each semester.
- *Personal Voices*. Throughout the sixth edition, personal narratives about such topics as living with AIDS, a struggle for self-esteem, and dating in the nineties help the text material come alive for readers.
- *Strategies for Prevention*. Along with an increased emphasis on the power of prevention integrated throughout the text, practical strategies for preventing health problems and reducing health risks are part of every chapter.
- *Strategies for Change*. To offer guidance for taking charge of every facet of healthful living, *An Invitation to Health* has incorporated behavioral strategies within the text of every chapter.
- *Self-Surveys*. Every chapter includes a self-assessment so students can examine their health and behavior, identify problems, and make appropriate changes. Following each “Self-Survey” is a

feature called “Making Changes,” which suggests practical ways that students can translate their responses into behaviors and actions.

- *Health Index*. This feature presents health facts in a telegraphic way to pull even casual readers into each chapter. It provides answers to dozens of provocative questions.

## A User-Friendly Approach

*An Invitation to Health*, Sixth Edition, talks directly to students but never talks down to them. Its tone is friendly; its style, easy to read. Real-life examples and case histories help readers see the connections between what they read and how they live. The writing style is lively and engaging, with many vivid examples and analogies.

## Four-Color Design

The sixth edition of *An Invitation to Health* uses four-color photos and art throughout the book, an approach designed to make the text even more appealing and easy for students to use. Eye-catching images in new photographs and illustrations add to the visual appeal of this edition and were chosen to reflect the diversity of today’s student population.

## Hales Health Almanac

At the back of the sixth edition is a book-within-a-book—a tk-page compendium of practical, personal information and materials for students to use, not just while studying the course, but throughout their lives. The “Hales Health Almanac” includes the following sections:

- A-to-Z Self-Care Guide
- Emergency!
- A Consumer’s Guide to Medical Tests
- Counting Your Calories
- Blank Sample Health Change Contract

## Your Health Directory (The Yellow Pages)

“Your Health Directory,” which we’ve completely updated and revised, is a handy listing of the addresses and telephone numbers of agencies and hotline services that provide health information and assistance. Students can use this directory for many purposes, including gathering materials for term papers and finding out where to turn in crisis situations.



## A Complete Teaching Program

For the convenience of both students and instructors, a complete teaching program featuring high-quality supplements is available to complement *An Invitation to Health*, Sixth Edition:

### Student Companion

Every copy of *An Invitation to Health*, Sixth Edition, now comes with the new *Student Companion*, at no additional cost to you or your students. Part I of this self-directed program is carefully designed to help your students target their reading, streamline their studying, and practice their test-taking skills. Part II—designed to be used in class or independently—explains the main concepts that contribute to wellness and shows students how to develop a simple program to maintain and improve behaviors which can lead to healthier living.

### Instructor's Guide (0-8053-5481-6)

The new *Instructor's Guide*—designed to be an integral part of your teaching program—meets your needs by helping you prepare for class more efficiently, and then gives you strategies for making the text's themes and concepts real and meaningful for your students. In every chapter of the *Instructor's Guide* you'll find the following features:

- Chapter objectives, which identify key concepts.
- A basic text outline, which provides you with an integrated framework for preparing lectures and for driving home the text's important themes. Included with each outline are examples, analogies, and applications that highlight the main themes of the text, and cross-references to appropriate activities, discussion questions, and exercises.
- Five to six discussion questions.
- In-class activities designed to help you increase your students' awareness of health issues and problems. Activities may include objectives, time and equipment required, procedures, and appropriate follow-up questions.
- A listing of additional resources including films, videos, books, and other readings.

The *Instructor's Guide* also includes additional "Community Focus" features, health assessment exercises and activities, and articles on teaching and learning styles, cultural diversity, and how to use the *Student Companion* with the text.

### Test Bank (0-8053-5486-7)

The new, completely revised *Test Bank* is designed to offer you greater flexibility and efficiency in creating exams. Written by a testing expert and edited for accuracy and relevancy to the health course by a health educator, this *Test Bank* includes approximately 2000 questions in multiple-choice, true-false, and essay formats. Many questions have been written specifically to test higher level thinking skills such as critical thinking and application. Suggested answers are provided for the essay questions. The test questions are keyed to the chapter objectives that appear in the text, *Instructor's Guide*, and *Student Companion*; keyed to the page numbers in the text; and are further organized in an index according to level of difficulty. Five questions in each chapter of the *Student Companion* are also taken directly from the *Test Bank* and are identified for you so you can quiz your students on their comprehension of the chapter material. The *Test Bank* is also available in IBM, 5.25"(0-8053-5484-0), IBM PS/2, 3.5"(0-8053-5485-9), and Macintosh (0-8053-5483-2) versions.

### By Invitation Only

*By Invitation Only*, an exclusive Benjamin/Cummings semester-by-semester update program, will help you stay current by providing you with detailed information about the latest trends and issues in health. This comprehensive update service includes concise summaries as well as complete reprints of news and research articles drawn from a range of medical, health, and general-interest publications—each relevant to the text's themes and content. In addition, specific teaching strategies, activities, and comments contributed by health instructors from around the country provide practical insights to help you solve your teaching challenges. For your convenience, each issue of *By Invitation Only* is organized into six parts that correspond to the same units in the text, and is designed to be photocopied and used as handouts in class.

### Additional Resource Materials

Additional materials designed to further enhance your lectures are available to qualified adopters. These resources include videos, 80 full-color transparency acetates, the National Contraceptive Counseling Program Kit, posters and brochures on AIDS, magazines subscriptions, and Health Risk Appraisal software.



For more information about these special supplemental materials and your eligibility to receive them, please contact your local Benjamin/Cummings sales representative.

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## Acknowledgments

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Grace Wong, who worked on the previous edition of this text, took the editorial helm for the first time with the sixth edition. Her energy, commitment, and high standards of professionalism show throughout the text. Jude Berman, the developmental editor, infused the book with the wisdom of her experience and the freshness of her perspective. I am grateful to both of them for making the almost-impossible possible—and pleasurable.

John Harpster, whose vision and enthusiasm brought this project to life, inspired us all. I owe a special thanks to Patti Cleary, who became this book's advocate and overseer just when we needed her most. The production team, headed by John Walker, handled every challenge with skill and aplomb. I also want to thank Brian Jones, Dave Rich, Kelly Hall, Alyssa Wolf, Kim Johnson, Christina Lepnis, and many others at Benjamin/Cummings who contributed to the making of this new edition.

I am grateful to the many reviewers and consultants whose honest and thoughtful opinions are reflected in every chapter of this edition. I also owe a great debt to the bright, energetic, and dedicated Benjamin/Cummings and Addison-Wesley sales representatives, who share and spread our enthusiasm for *An Invitation to Health*, Sixth Edition.

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## Please R.S.V.P.

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This book is, indeed, an invitation—an invitation to health in its broadest sense, to personal fulfillment,

to life itself. Its pages provide the practical tools students need to achieve their fullest potential. We also hope that your students accept our invitation in another sense: that they live what they learn and make the most of their health and of their lives—now and through all the years and adventures the future may bring them.

I also have another invitation for you—a request to tell us what you think. My editors and I created *An Invitation to Health* for your students and you. We'd like to know what we're doing right, what we could do better, what we might include or drop or improve in future editions. Your opinions and ideas matter a great deal to me, and I look forward to hearing from you.

Dianne Hales  
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## About the Author

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Dianne Hales, one of the most widely published freelance writers in the country, is the author of six trade books and four reference books in addition to *An Invitation to Health* and *Your Health*. A contributing editor of *Working Mother*, she has written more than 1000 articles for national consumer and health publications. She has won several national writing awards, including the prestigious National Media Award from the American Psychological Association and excellence-in-writing awards from the Council for the Advancement of Scientific Education. Her works have been translated into French, German, Spanish, Swedish and Portuguese and have been published around the world.

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