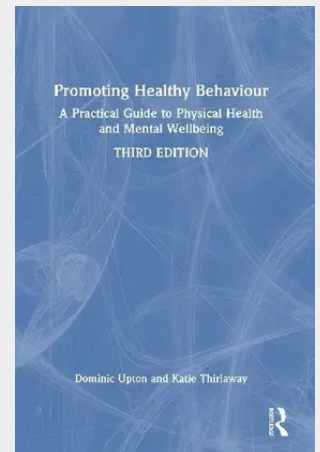


Promoting Healthy Behaviour

A Practical Guide to Physical Health and Mental Wellbeing

The new edition of this leading text is an essential guide to promoting healthy behaviour in a multi-cultural society, providing a holistic stance that integrates both physical and mental health and wellbeing. With a comprehensive overview of the interplay between social class, gender, ethnicity and individual health differences, the book also looks at key lifestyle issues such as eating well, smoking, drinking alcohol and safe sex, as well as the mechanisms for behavioural change. Each chapter features engaging case studies, points for discussion and student activities. Updated since the COVID-19 pandemic, the new edition also discusses the effects of lockdowns on healthy behaviours. An accessible and engaging text, the third edition of Promoting Healthy Behaviour will continue to be essential reading for both students and practitioners across nursing, public health and allied health professions.

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195,10 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781032748504

Medium: Buch

ISBN: 978-1-032-74850-4

Verlag: Routledge

Erscheinungstermin: 26.04.2024

Sprache(n): Englisch

Auflage: 3. Auflage 2024

Produktform: Gebunden

Gewicht: 945 g

Seiten: 398

Format (B x H): 183 x 260 mm

