



## A Guide to Practical Health Promotion

By Mary Gottwald, Jane Goodman-Brown

Open University Press. Paperback. Book Condition: new. BRAND NEW, A Guide to Practical Health Promotion, Mary Gottwald, Jane Goodman-Brown, "This book should become a key textbook of choice for a wide range of health care professionals and students. It encourages autonomous learning and helps develop critical analytical skills .Each chapter follows a logical progression using key objectives which relate to a range of activities and up to date evidenced based sources of information. The range of depth and breadth of material is contemporary and as such should meet the academic, managerial and clinical background of the reader." Helen Matthews, Senior Lecturer in Health and Community Care, University of West London, UK "This text represents a useful, well-pitched contribution .The book is densely packed but skilfully written to feel comfortable for the reader; challenging in places but never to the extent to discourage engagement." Jane Thomas, Acting Head of College of Human and Health Sciences, Swansea University, UK Do you have difficulties deciding which health promotion activities facilitate behavioural change? This accessible book focuses on the practical activity of health promotion and shows students and practitioners how to actually apply health promotion in practice. The book uses case scenarios to explore...



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