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health promotion in nursing 2nd edition offers a unique holistic viewpoint on the importance of achieving and maintaining health and wellness at all stages of life it begins with an overview of health promotion concepts nursing theories and life span considerations organized within a biological psychological social and environmental

framework health promotion in nursing examines all aspects of health wellness focusing on the community and individual this second edition also devotes attention to technology and its influence on health and wellness fundamental areas of health promotion such as nutrition physical fitness weight control cultural sensitivity and avoidance of substance abuse are covered in depth health promotion nursing strategies are highlighted as appropriate in the care of individuals communities and groups

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