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Michael L. Teague received his doctorate in exercise science, health, and recreation from the University of Northern Colorado. He has been a professor in sport, health, and leisure at the University of Iowa since 1975, and teaches courses in health, contemporary nutrition, and nutrition performance for the health sciences program.

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This exciting new brief text presents personal health in the context of a changing social and cultural environment. Going beyond behavior change and individual responsibility, it offers a broadened view of health that includes the impact of family, community, and society. It's a new way of looking at health: "It's not just personal..." "Choice" is another key theme in "Your Health Today. Emphasizing the importance of making informed health choices, this text demonstrates how these choices affect an individual's health--for today and for a lifetime. The brief version of "Your Health Today" contains five fewer chapters than the big book, but it still offers in-depth coverage of key topics such as nutrition and fitness and presents complete chapters on genetics, sleep, body image, and spirituality.

It's not just Personal! Your Health Today teaches personal health from a truly inclusive and socially responsible perspective. While each of us has a unique set of individual characteristics that shape our health, other environmental factors have an impact on our well being too. Your Health Today incorporates the individual, interpersonal, and broader social factors that affect our health, acting as a guide for healthy living in college and beyond. Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need, when they need it, and how they need it, so that your class time is more engaging and effective.

"A gripping ground-level narrative...a marvel of reporting: tightly wound.. but also panoramic."—Washington Post "A lean, fast-paced and important account of the chaotic final weeks."—New York Times In *The Steal*, veteran journalists Mark Bowden and Matthew Teague offer a week-by-week, state-by-state account of the effort to overturn the 2020 presidential election. In the sixty-four days between November 3 and January 6, President Donald Trump and his allies fought to reverse the outcome of the vote. Focusing on six states—Arizona, Georgia, Michigan, Nevada, Pennsylvania, and Wisconsin—Trump's supporters claimed widespread voter fraud. Caught up in this effort were scores of activists, lawyers, judges, and state and local officials. Working with a team of researchers and reporters, Bowden and Teague uncover never-before-told accounts from the election officials fighting to do their jobs amid outlandish claims and threats to themselves, their colleagues, and their families. *The Steal* is an engaging, in-depth report on what happened during those crucial nine weeks and a portrait of the dedicated individuals who did their duty and stood firm against the unprecedented, sustained attack on our election system and ensured that every legal vote was counted and that the will of the people prevailed.

For her entire life, Rafrak, a devout Muslim, had been told that Americans were the enemy. Her understanding of the world, of her place in it, and of the United States had been steeped in the culture of Iraq under the rule of Saddam Hussein. Yet, in the midst of insurgents attempting to kidnap and kill her, she found herself on the receiving end of lifesaving help from those she considered her enemies. Rafrak suddenly finds herself living with a Christian family in the Bible Belt of America. Nothing had prepared her for this new reality—the life of a college student in a vastly foreign culture, in a community as far from her expectations as she could have imagined, and in a family that opens their hearts to enfold her. *Saved by Her Enemy* is a riveting journey of two very different people from opposite sides of the world, of faith, of experience, and of expectations. The dramatic intersection of their lives and their journey together is an inspiration to those who have ever felt there was more to life than the world they knew. A young Iraqi woman, an American war correspondent, and a true tale of friendship, faith, and family against the backdrop of war and the collision of cultures This is a story of a very unlikely friendship—between American war correspondent Don Teague and Rafrak Barrak, an Iraqi college girl who won a job as a translator for NBC during the early months of violence in the wake of the American invasion of Iraq. While covering a story together, the two were nearly killed by a bomb, an experience that created a bond between them that led them down a path neither could have imagined. What follows is a story of transformation, as Rafrak—from a devout Muslim family—becomes the target of terrorist threats to kidnap and murder her. Don and his fellow correspondents mobilize to help save her life and suddenly Rafrak finds herself on the receiving end of an offer for safety and a new life in the United States. Dramatically transplanted from the streets of Iraq to the Bible Belt of middle America, Rafrak finds everything that she knew—or thought she knew—about herself, her values, her world, even faith and family, turned upside down. Meanwhile, Don; his wife, Kiki; and their children discover they've embarked on an adventure with Rafrak that reshapes their lives. This captivating story inspires us all to join Don and Rafrak in discovering that there is far more to life than the world we know.

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term Being unapologetically yourself Use the “unsales” tactic Understand your “why” Lindsay is a stay-at-home mom turned multimillion-dollar-producing business owner, but she doesn't just have a passion for entrepreneurship. She has a deep passion for helping women of all walks of life gain the confidence and skills to tap into their ambition and achieve success in their own business endeavors. Are you ready to Boss Up?

Wendell Flutz's room isn't a mess. It's a total pigsty. But Wendell's mother can't get him to clean it up. Wendell doesn't think the mess is so awful. In fact, he doesn't even mind it when one day he discovers a real pig sitting on his bed. Full color.

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