



# Your Health Today: Choices in a Changing Society

*Michael Teague, Sara Mackenzie, David Rosenthal*

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**Your Health Today: Choices in a Changing Society** Michael Teague, Sara Mackenzie, David Rosenthal  
This exciting new 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: Personal health is not only the choices we make.

"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.

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