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In addition to being widely published in scholarly refereed journals, Dr. Anspaugh is co-author of the best-selling wellness text *Wellness: Concepts and Applications* and *Developing Health Promotion Programs*, both published by McGraw-Hill.

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□ This concept of a health continuum negates the idea that wellness and illness are opposite because they may occur simultaneously in the same person in varying degrees 13. 13 Conti □ The classic description of wellness was developed by Dunn in the early 1960s.

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Incorporating updated material, this edition emphasizes a proactive, balanced body/mind/spirit approach to health and fitness. The introductory textbook includes self-assessments, a nutritional analysis of foods from selected fast-food restaurants, the latest USDA food guide, a self-care guide for common ailments, and color graphics. An auxiliary o

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