An introductory text that examines the five dimensions of personal health: physical, social, emotional, intellectual, and spiritual.

This book is perfect for use in conjunction with a personal health text or as a standalone for any personal health course.

Each chapter:
- Provides context for the study of that dimension
- Includes examples of how experts think about that dimension
- Presents two or more models developed by scholars and professionals
- Discusses identifiable characteristics associated with each dimension
- By incorporating a variety of perspectives, The Dimensions of Health enables students to formulate their own answer to the question, “What is health?”