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Chapter 1 Leading a Healthy Life

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Codependency is the condition in which a family member or friend sacrifices his or her own needs to meet the needs of an addict.

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The Health & Your Wellness chapter of this Holt Lifetime Health Companion Course helps students learn the essential lessons associated with health and wellness.

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Today •Health in the Past Infectious diseases were the most significant health problems in the past. •Health Today Many health problems today are caused in part by unhealthy lifestyles Diabetes, heart disease, and cancer are examples of lifestyle diseases. Chapter 1

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