

# MAKE GOOD CHOICES

by Heather G. Schwartz

Your Guide  
to Making  
Healthy  
Decisions



**Snap**  
books

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Make Good Choices: Your Guide to Making Healthy Decisions, Heather E. Schwartz, Capstone, 2011, 1429672951, 9781429672955, 32 pages. Every day we're faced with choices. Skip breakfast or grab something on the run? Study for that test now, or wait until the last minute? Some choices are harder than others, especially when it comes to something others are doing that you know isn't right. But you can be the one in charge. Learn how to handle difficult choices. Then face your day with confidence. It's a tough world out there, but when you're armed with the facts, you'll know what to do..

Stress Less Your Guide to Managing Stress, Heather E. Schwartz, 2011, Juvenile Nonfiction, 32 pages. "An introduction to stress including the causes of stress, its effects, and ways to handle worry, anxiety, and stress"--Provided by publisher..

Factors affecting integration of outcomes of concurrent decisions , Ole Boe, Gøteborgs universitet. Psykologiska institutionen, 2000, , 35 pages. .

Sounds and How We Hear Them , Judy Giglio, Jul 1, 2004, Juvenile Nonfiction, 16 pages. Phonics Readers is a recognized leader in helping you teach phonics and phonemic awareness, within the context of content-area reading. Content area focus: Sound Phonics Skills ....

Divided by , Marilyn Deen, Jul 1, 2012, Juvenile Nonfiction, 20 pages. Learn how and why we divide in this introduction to division..

Make It Healthy Musical Revue About Good Choices, Mark Brymer, Jul 1, 2009, , 72 pages. Expressive Art (Choral)Are you making healthy choices each day? There's no time like the present! Join the "make it healthy" gang and learn how important and FUN it is to make ....

Should Theo Say Thank You? , Rebecca Rissman, 2013, Courtesy, 24 pages. Should Theo say thank you? Guide readers through the decision-making process with this simple title that shows possible outcomes for common manners-related choices..

Thinking for Results Success Strategies, Randy Park, 2004, Decision making, 351 pages. .

Healthy Me , Grace Hawthorne, Eileen C. Blyth, Jan 1, 2004, Health & Fitness, 144 pages. Make being healthy fun for kids Healthy Me: A Read-Along Coloring & Activity Book is a fun and engaging coloring book for children! Your child travels the world through these ....

Choosing is confusing how to make good choices, not bad guesses, Claudine G. Wirths, Mary Bowman-Kruhm, Ed Taber, 1994, Education, 110 pages. Discusses the different ways that people make decisions, with examples.

Staying Safe , Adam Schaefer, 2009, Juvenile Nonfiction, 32 pages. Provides children with information about ways of avoiding accidents, keeping themselves safe, and reacting appropriately to dangerous situations..

Great Decision-Making Skills , Corona Brezina, Jan 1, 2008, Juvenile Nonfiction, 64 pages. Presents ideas to help readers develop the skills necessary to make effective decisions in work and life..

Creature Camouflage , Paul Mason, Jul 1, 2007, Juvenile Nonfiction, 32 pages. Explains what camouflage is and describes the different ways that animals camouflage themselves..

Introduction to Type and Decision Making , Katherine W. Hirsh, Elizabeth D. Hirsh, 2007, Decision making, 49 pages. .

