NOTE: This is a standalone book. YOUR LIFE SCIENCE, Second Edition, helps you understand the fundamental principles of nutritional science through an interactive, flexible, and fun learning experience. Turley/Thompson gives you a variety of options to learn, review, and demonstrate your knowledge. Use the unique learning aids, including Take-Ten Reflective Questions, Practices, and Bio Beats, to engage with the material and develop a better understanding of how nutrition concepts apply to your own life.

**Book Information**

Spiral-bound: 560 pages  
Publisher: Cengage Learning; 2 edition (January 1, 2015)  
Language: English  
ISBN-10: 1305112571  
Product Dimensions: 9.1 x 1.1 x 10.8 inches  
Shipping Weight: 2.5 pounds (View shipping rates and policies)  
Average Customer Review: 2.5 out of 5 stars — See all reviews (2 customer reviews)  
Best Sellers Rank: #105,576 in Books (See Top 100 in Books)  
Medicine & Health Sciences > Nursing > Clinical > Nutrition  
#37 in Books > Medical Books > Nursing > Medical Nutrition  
#45 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition

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Although a new book, it did not come with the access code. I will be returning this item. Also, it is noted as being a "paperback," but not noted as being spiral bound.

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