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Wellness: Concepts and Applications uses the basic precepts of the wellness movement personal responsibility, behavior change and risk reduction, and health-care consumer awareness to introduce students to the health- and wellness-related information they need to thrive in today 's world. The authors provide accurate, scientifically based information on wellness topics as well as assessment activities and other tools for behavior change.

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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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