



By Dr. Telly Kamelia

Key Decision Summary

- **Edition Fit:** ISBN 9780357973707 matches the twenty-first edition of *An Invitation to Health*.
- **Cheapest Route:** The 180-day eTextbook is the cheapest clean option in this snapshot.
- **Used-Book Option:** A used print copy is also cheaper than the current new-print listing.
- **Ownership Logic:** New print only makes sense if you want a clean copy to keep and return to across multiple health topics.
- **Price Snapshot Date:** April 15, 2026

If you only need the buying answer

If you only need the book for one term, the 180-day eTextbook at **\$59.99** is the cheapest clean route. If you prefer print and are comfortable with a used copy, the observed pre-owned option at **\$94.44** is cheaper than the current new print listing. The current new print listing at **\$116.95** only makes sense if you want a clean, keepable copy and do not want to rely on a temporary license or secondhand condition.

Store	Format	Condition	Price	Link
Merybook	Print	New	\$116.95	Check listing
VitalSource	eTextbook	180-day access	\$59.99	Check price
Walmart	Print	Pre-owned	\$94.44	Check price

Store	Format	Condition	Price	Link
BiggerBooks	Print	New	\$152.63	Check price

This is a broad personal-health text, so the real decision is about how you plan to use it. Books like this are often revisited chapter by chapter across a semester rather than read straight through. Students go back to stress, nutrition, physical activity, relationships, substance use, and disease-prevention chapters as the course unfolds.

What this book actually teaches

An Invitation to Health is built around personal-health decisions rather than one specialty topic. It brings together behavior change, physical and mental health, nutrition, exercise, sexuality, substance use, and prevention in a way that is meant to connect classroom content to everyday life choices. That makes it more of a recurring reference across the semester than a single-concept textbook.

Its weakness, from a buying standpoint, is that it does not always need long-term ownership. For some readers the book is most useful during the term itself, which is exactly why the cheaper digital path often makes sense. A new print copy is easier to justify only when someone strongly prefers paper or wants a clean book to keep.

When print is worth buying and when it is not

If the goal is lowest cost, digital wins. If you want print, used is the more economical path. The current new print listing is defensible only for readers who specifically want a clean copy and expect to return to the material after the course.

Sources checked

- Cengage product page for *An Invitation to Health*, 21st edition: [cengage.com](https://www.cengage.com)
- Current market pricing reviewed on April 15, 2026.