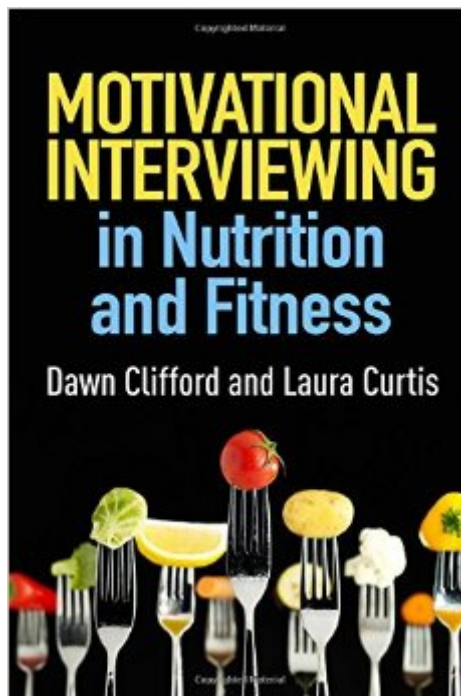


The book was found

Motivational Interviewing In Nutrition And Fitness (Applications Of Motivational Interviewing (Paperback))



Synopsis

Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference. This book presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. MI offers simple yet powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

Book Information

Series: Applications of Motivational Interviewing (Paperback)

Paperback: 276 pages

Publisher: The Guilford Press; 1 edition (December 23, 2015)

Language: English

ISBN-10: 1462524184

ISBN-13: 978-1462524181

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #65,512 in Books (See Top 100 in Books) #15 inÂ Books > Textbooks >

Medicine & Health Sciences > Alternative Medicine > Diet Therapy #25 inÂ Books > Textbooks >

Medicine & Health Sciences > Nursing > Clinical > Nutrition #30 inÂ Books > Medical Books >

Nursing > Medical Nutrition

Customer Reviews

I found this book enlightening. I wish this book had been a part of my program. It covers very useful concepts, is clearly written and contains helpful sample interactions. When I read sample client-practioner conversations, I found it interesting to cover up the practitioner's dialogue, formulate my own, and then compare my dialogue to the practitioner dialogue in the book. Recommended. The book covers:- Complexities of lifestyle changes-The spirit of motivational interviewing (partnership, acceptance, compassion, evocation)- Ambivalence- The four processes of motivational interviewing(engaging, focusing, evoking and planning)- The microskills of motivational interviewing(open-ended questions, affirmations, reflections, summaries)- Clients unsure about

change- Working with limited time- Clarifying misinformation- Using motivational interviewing in nutritional and fitness counseling

As a Registered Dietitian, I am always on the lookout for ways to learn to do my job better. By that I mean, ways to help my clients more effectively. I was turned onto Motivational Interviewing a number of years ago and have read a few books on the topic. The other books were helpful but I would get a bit frustrated with the examples they provided as they were often related to issues other than food and healthy lifestyle choices. This book, on the other hand, is all about helping clients with their eating and making healthy lifestyle changes. It is the best book I have read on the subject and I would say it is a "Must Read" for anyone who works with people to help them make healthy diet and lifestyle choices.

Easy to read and wonderful, relevant information!

good

Well written. Great insights.

[Download to continue reading...](#)

Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing (Paperback)) Motivational Fitness Goals Calendar - 2014-2015 School Year Edition Build Your Dream Body: Breaking the Lies and Myths of the Fitness Industry so You Can Build Lean, Hard Muscle and Shred Fat Using Simple and Proven Techniques That Get Results Nutrition and Diet Therapy (Nutrition & Diet Therapy) Academy of Nutrition and Dietetics Pocket Guide to Nutrition Assessment Interviewing: Interview Questions - Job Interview ! Learn How to Job Interview and Master the Key Interview Skills! BONUS INCLUDED! 37 Ways to Have Unstoppable ... Interview! GET THE JOB YOU DESERVE! Book 1) Ace Your C-Suite Interview: International Headhunter Reveals Insider Strategies for Executive Job Search, Tips to Master Interviewing, Negotiating Better Salaries and Getting Hired Fast! Manual of Medical Nutrition Therapy: A Nutrition Guide for Long Term Care in Louisiana Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body Interviewing: BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! (BONUS INCLUDED! 37 Ways to Have Unstoppable Confidence in Your Interview! GET THE JOB YOU DESERVE!) (Volume 1) Supply Chain and Logistics Management Made Easy: Methods and Applications for Planning, Operations, Integration, Control

and Improvement, and Network Design 12-week Health & Fitness Countdown Tear off Calendar 15 Minutes to Fit: The Simple 30-Day Guide to Total Fitness, 15 Minutes At A Time The Career Fitness Program: Exercising Your Options (11th Edition) No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss Free Style Fashion Photography Poses & Positions How to Model & How to Photo Shoot: Male & Female Models Posing Together - Lingerie, Fitness & Boudoir Turning Off Breast Cancer: A Personalized Approach to Nutrition and Detoxification in Prevention and Healing Brown Bag Lunches for Kids: Healthy and High-Nutrition Lunch Recipes for Kids' School Lunches (Healthy Meals & Lunch Recipes) Dr. Khalsa's Natural Dog: Holistic Therapies, Nutrition, and Recipes for Healthier Dogs

[Dmca](#)