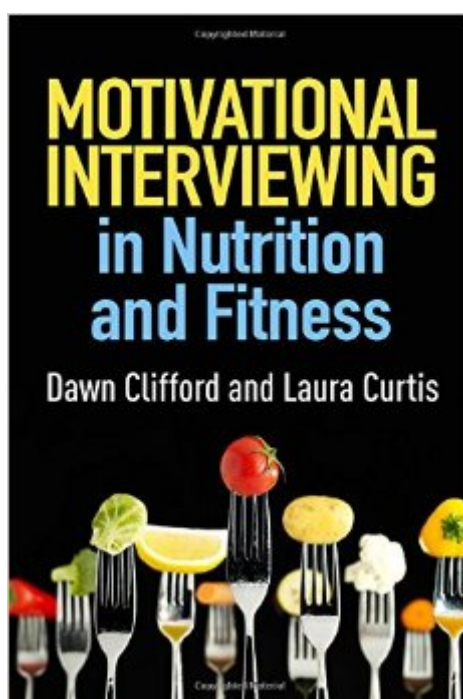


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# Motivational Interviewing In Nutrition And Fitness (Applications Of Motivational Interviewing (Paperback))



## 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

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## 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.

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