



Nutrition Counseling and Education Skill Development third edition

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Nutrition Counseling and Education Skill Development



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This book is a step-by-step guide to the fundamental skills of nutritional counseling strategies and protocol, complimented by action-based worksheets and practical case studies. The authors provide a solid foundation of counseling and education concepts, opportunities to apply new skills, and knowledge of evaluation methodologies.



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I purchased this reserve for my very own professional growth and have enjoyed every page This book ought to be part of any curriculum for health and nutrition professionals dealing with individuals in a setting where there are multiple visits and the counselor comes with an possibility to spend time and facilitate change in individual's behavior towards eating healthy and exercising.! I bought this book for my own professional growth and have enjoyed every web page, and will certainly make use of the information in my own practice. Loved reading it easy to read and follow It was well released, easy to read and follow, and I love that there have been many diagrams Awesome Purchase! Teaches sound principles for nutrition guidance: motivational interviewing, the Five-Stage Theory of behavioral switch, and appreciative inquiry. Like a Brand new one and highly recommend it! Nice collection of forms in the appendices. Five Stars Came as advertised. Good Foundational Text for RDs and Nutritionists Exceptional textbook for RDs, nutritionists, and health coaches. The book is rich with current behavior switch models and suggestions for the way the dialog between counselor and customer might go according to the circumstances.! Can be a bit light on appreciative inquiry, however. Five Stars Great condition Five Stars I enjoyed this book! Amazing Great book.. Three Stars Plenty of highlighting in the book.. Required reading. Keeping judgement until I have to read .. Four Stars Wish it was a hardcover. Required reading. Keeping judgement until I have to read. I appreciate the schools efforts in making sure people know how to provide nutritional counseling and the use of some text is essential. Will return at a later date to amend if necessary.



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