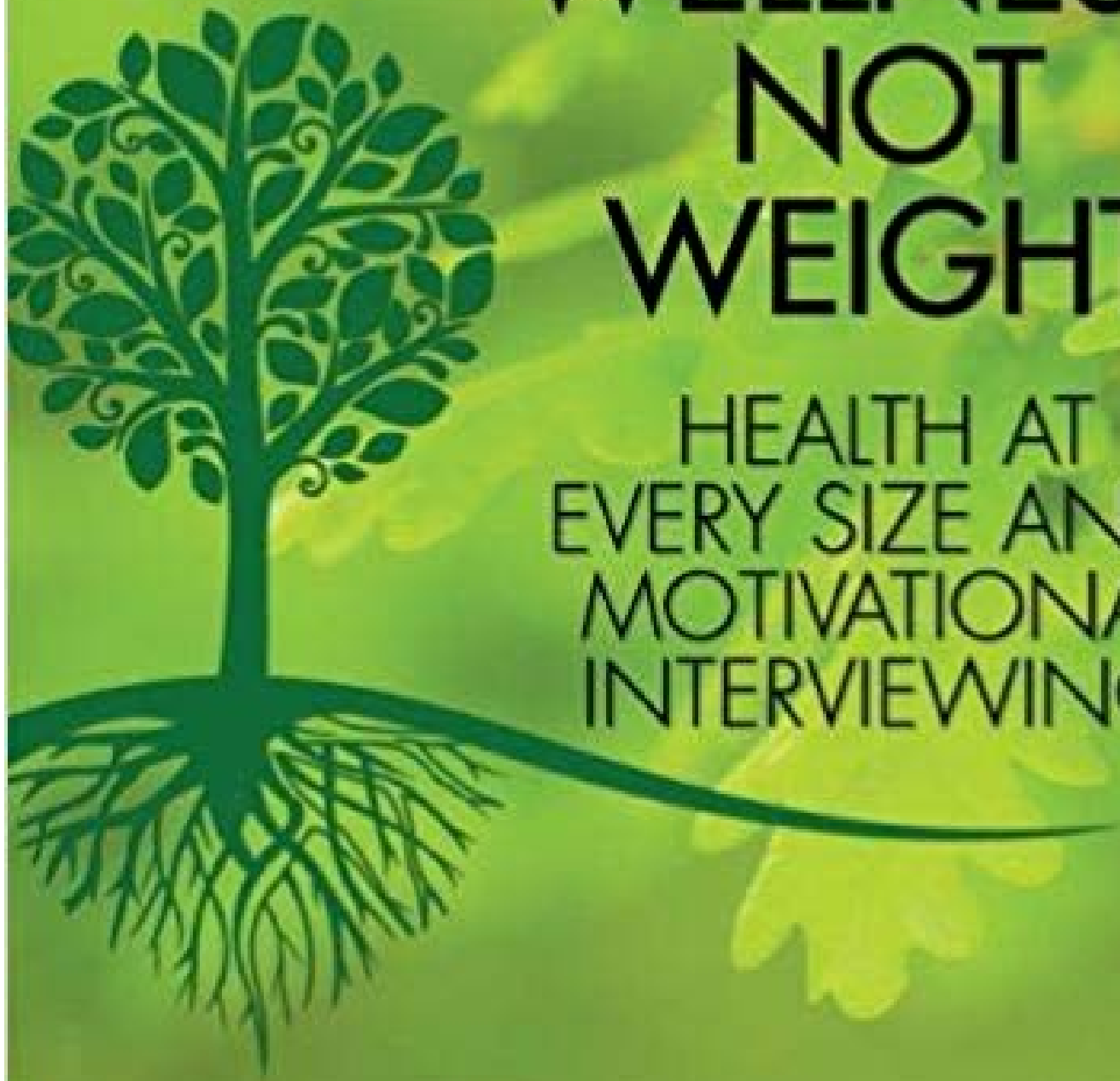


FIRST EDITION

# WELLNESS, NOT WEIGHT

HEALTH AT  
EVERY SIZE AND  
MOTIVATIONAL  
INTERVIEWING



Edited by  
Ellen Glovsky, PhD, RD, LDN

Ellen R. Glovsky

## Wellness, Not Weight: Health at Every Size and Motivational Interviewing



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Leaving traditional approaches to weight loss, the included chapters discuss mindful eating, the consuming competence model, practical techniques for improving wellness, and non-dieting and spirituality. Component Two provides more detailed background information for professionals and academics. The book is split into three parts. Component One explores the three simple concepts of the reserve, the argument for a focus on wellness rather than body weight, the Health at Every Size paradigm, and Motivational Interviewing. Even though many texts in the regions of wellness sciences and nourishment discuss specific, singular approaches to weight reduction, this book is the first to address Health at Every Size (HAES), Motivational Interviewing (MI), and a non-diet, wellness approach to managing health and pounds within one comprehensive text message. It presents the research behind the methods. Dr. This portion of the book also provides here is how rigid attachment to dietary guidelines can be harmful to consumers, with a particular exploration of the dangers posed to children. Component Two ends with articles exploring the need for size acceptance, teaching the concept of Health at Every Size, and the importance of teaching Health at Every Size suggestions in the training of healthcare professionals. Part 3 of the reserve helps health care experts communicate a non-diet method of clients and patients, in addition to a discussion of the usage of Motivational Interviewing techniques with a non-diet approach. Wellness, Not Weight: Health at Every Size and Motivational Interviewing, brings a new, well curved perspective to issues of weight, health and helping people transformation behavior. Wellness, Not Weight: Health at Every Size and Motivational Interviewing speaks to the emerging movement emphasizing wellness, not weight. Written with interest and insight, the reserve encourages people to nourish and workout their bodies in healthful, loving and joyous ways. Dr. Glovsky conducts workshops and consultations on Motivational Interviewing (MI) for a variety of organizations around the US. Ellen Glovsky, Ph.D, RD, LDN is a Registered Dietitian and an associate of the teaching faculty at Northeastern University in Boston, MA. Included articles offer obvious, cogent explanations of potential risks and failures in a weight-centered approach to health, as well as discussions of the dangers of a pounds centered approach, including disordered consuming and body picture issues. Additionally it is useful for classes in Sociology, Psychology, and Women's Studies. She actually is a member of the Motivational Interviewing Network of Trainers (MINT), the international professional firm of MI practitioners and trainers. This book may be used in Health Sciences, Nutrition and Food Science, and Public Health courses. Glovsky maintains an exclusive practice in which she offers treatment for consuming disorders and weight management.



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Excellent resource and positive approach to wellness **Wellness, Not Weight: Health in Every Size and Motivational Interviewing**, edited by Ellen Glovsky PhD, RD, LDN, ought to be required reading for anyone who works with individuals who struggle with fat and consuming. As those folks in the diet field well know, diet therapy that is focused mainly on instruction, often doesn't result in long term change for clients who suffer from any kind of disordered consuming, or anyone who targets achieving the "ideal body weight". The non-diet method of wellness, which is presented throughout this book, is similar to a breath of fresh air for both the client and therapist or nutritionist, and such a far more positive and welcome method of helping clients move themselves toward change. The patient-centered idea of Motivational Interviewing, in which the client chooses the timing, direction, and method of change is clearly illustrated throughout, with practical advice and examples. Although good MI skills clearly devote some time and practice to build up, the advice and examples provided in each chapter of this book provide an excellent starting point for anyone who wishes to partner making use of their client to greatly help move them toward better health. As I examined this text, I found that it additional broadened and deepened my understanding, and also enhanced my counseling skills. This text is very appropriate for those interested in learning, better utilizing and/or instructing a program regarding the many areas of the non-diet and Health At Every Size (HAES) approaches, including Motivational Interviewing (MI) methods. An Consuming Disorder (ED) colleague with whom I shared the chapter titles and authors, stated "You will be well educated if you read the entire book!" I believe this specific text is unique since it is a collaboration of writings by 25 known specialists in the multi-faceted arena of non-diet plan/HAES/MI (Molly Kellogg, Karen Koenig, Ellen Frankel, Jon Robison, Glenn Gaesser, etc.). The reserve's primary premise is well stated through its name (**Wellness not Weight: Health at Any Size and Motivational Interviewing**), which proposes that it's more good for guide your client, respecting their self-knowledge, working with them on the health, rather than instructing them on diet plans or weight reduction. I know the trick to better eating is a focus on wellness rather than number on the level. Anne Danahy MS RD LDN Exceptional resource for learning the many aspects of the non-diet approach, **Health At Any Size and Motivational Interviewing Wellness, Not Weight: Health In Every Size and Motivational Interviewing** is definitely a text message for all dietitians and health professionals functioning in the weight loss field with functional and dysfunctional eaters and also eating disorder clientele. Although I do not always trust HAES, I certainly concentrate on healthy way of life when guidance; as these authors indicate, "95% of most diets fail." I found the text perfectly and clearly organized, easy to read, presenting exactly the information proposed in the chapter headings. In her intro, Ellen explains her rationale for creating this book, clarifies conditions, and concludes briefly by describing the three parts of the reserve. These sections include: a synopsis of the three basic ideas (non-diet plan; HAES; MI); I am pleased to now have, within one book, concepts and data that I can make use of when providing in-solutions to my colleagues (trying to change their obesity stigmas! practical applications of the information. The next section on Motivational Interviewing is definitely a consummate, useful guide that offers straight forward "put-it-into-practice" tools for both learners and seasoned clinicians alike. further discussion of each concept; Efforts ought to be placed on health-focused outcomes instead of body weight. As a long time practitioner and trainer of MI, I recommend this book as a valuable resource for students and seasoned health and fitness professionals. At topics: a comprehensive historical overview of the non-diet approach; cultural influences relating to fatness; insightful discussions of research that refute the obesity/wellness risk paradigm; This publication should be needed reading in dietetic applications and internships as well! feelings and meals; competent eating. Each chapter was written by experts with hands-on experience in these topics by way of research, teaching, scientific practice or all the above. Because I work with children, I really appreciated Kathy Kater's chapter on promoting self-esteem rather than size. She contains useful figures such as "Ten Necessary Lessons to Build Body Esteem in Kids and Adults." I do strongly recommend this book, specifically for access- and mid-level EDD's, in addition to any RD involved in client guidance. The seasoned EDD, accustomed to using non-diet plan, mindful consuming, HAES and MI, could find this text a good review, with some improvements. These EDD's will see this text a great educational tool for forthcoming RD's, and other medical researchers who use their clients. I trust Ellen's suggestion that part three of this text message would also be useful for clients wishing to know more about the non-diet/HAES approaches and MI. A must read if you are at all worried about weight loss I am so happy I could read "Wellness, Not Fat" by Ellen Glovsky. With today's focus

on Body Mass Index (BMI) and weight management, this publication is a refreshing dialogue on what counts in life—HEALTH. Essential read for diet and medical researchers who work with patient/customer populations that have a problem with obesity, feeding disorders or chronic dieting and for students of nutrition and dietetics. Invest the time to listen to your clients, you will find most of them possess disordered diet plan knowingly or unknowingly. Each of the 21 segments is written by a specialist in the field and has an abundance of references. Wish I'd this reserve 25 years ago! A lay person would also benefit from reading the reserve by understanding the controversies encircling the existing paradigm of weight reduction. A must-read for diet and health professionals

Wellness, Not Weight is a well-written, content-rich introduction to 3 vitally important topics. Integrating mindful consuming, motivational interviewing and Health at Every Size into one quantity makes perfect sense, which publication flows beautifully from broad theoretical overview to science-based supporting information to real-world suggestions for putting these tips into practice with clients. Motivational Interviewing is the technique, and as a user and now a trainer in MI, she's produced an eminently practical and useful book. There is specific academic instruction, practical assistance and demonstrations using MI. As such, this book was immensely useful to me as a diet and dietetics student and will continue to end up being a valuable source as a registered dietitian nutritionist. The book is split into three segments emphasizing a mindful "non-diet" method of eating; Carrie Dennett, MPH Solid Source with a big Dose of Motivation for a Paradigm Shift From the reading the original chapter I knew this might be considered a great text for just about any health professional dealing with clients concerned about their weight. The introductory chapters give a fascinating and small known background of the evolution of dieting that is so ingrained today. The Statistics with "sample sentences" are supremely helpful. Glovsky, for inviting Consciousness to the table! Throughout this publication there are numerous references and suggestions for further education on the topics offered. Elizabeth Berry, MS RD Valuable Resource for Health & Glovsky presents the abilities for collaborative work with our clients. Valuable, useful, and well-researched. Written in a user-friendly manner, this book presents a clear summary of MI and how this evidence-based way for facilitating lifestyle modification integrates well with and enhances a non-diet plan, wellness method of managing health and fat. As well, I found the tips, statistics and source links to be useful. Steven Malcolm Berg-Smith, MS, CWP; Fortunately, Ellen hasn't just learned from her very own rich experience, she's acquired the foresight to blend three effective approaches within their own correct -- Motivational Interviewing, Health at Every Size and a nondiet approach -- into one. After teaching an undergraduate nutrition counseling course for seven years We FINALLY have a textbook I could justify having students purchase! Must-Read for Dietitians With expert input from authorities in diet, psychology and analysis, this compendium of articles on Health At Every Size and Motivational Interviewing is exhaustive, enlightening, and inspiring. Thank you, Dr. The final section allows experts within their respective applications of medical at Every Size model to show various techniques that will enhance any health experts' toolbox. The initial section exploring mindful consuming, intuitive eating, attuned eating and conscious eating is the greatest overview I have noticed on these topics. It is so smart to present these approaches side by side as it assists the reader grasp nuances and appreciate differences. As I read, I felt like I was attending a number of excellent seminars. The reserve is immensely practical and inspiring with the next section featuring chapters by experts within their scientific areas complicated the mantra that mortality and morbidity will reduce following weight loss. Edited by Ellen Glovsky, PhD, RD, LDN, Wellness, Not Fat confronts the original approach to health and weight, and with a surplus of proof and experience, advocates for a non-diet approach that encompasses mindfulness and eating that is attuned, intuitive, proficient, instinctive, and self-led. Wellness Professionals Ellen Glovsky and her colleagues did in admirable job on paper an important book that thoroughly addresses the non-diet and Health at Every Size (HAES) approaches for promoting health and wellness. Sally Van Cise MPH RD WEIGHT REDUCTION and Health Ellen Glovsky's fresh book Wellness, Not Excess weight: Health at Every Size and Motivational Interviewing is a wonderful guide in reviewing the idea of HAES, Healthy at Every Size. I work as a dietitian in the retail establishing and I am always confronted with people seeking to lose fat. Through my 35+ years as an RD, influenced by Francie White MS RD and Ellyn Satter MS RD LCSW BCD, I have shifted from "giving" diet programs to helping clients "present" themselves with a healthy lifestyle. Those customers with the most success are those that embrace eating for wellness rather than weight loss. You will be so very glad you do! What I loved most was learning

more about Motivational Interviewing and medical at Every Size (HAES) strategy. I appreciated learning the language to utilize clients to effect a result of positive modification. MI and HAES methods are two powerful tools to possess in my own dietitian toolkit. "Wellness, Not really Weight" will be kept on my shelf as I continue the ongoing process of fine tuning my counseling skills. I would suggest this book to anyone who wants to help their clients motivate themselves to make positive health changes. This book is an excellent choice for medical practitioner or student working in or with an intention in weight management. Ellen Glosky's marvelous "Wellness, Not Weight" is usually a must-read for just about any and all healthcare providers interested in truly helping their customers with the range of eating issues. I would have saved my customers and myself untold frustration if I'd learned the invaluable lessons within these pages at the outset of my career instead of via trial and error over the course of it. member, MINT A must-very own reference for college students and seasoned nutrition experts alike! Must Go through for Practitioners & This reserve provided me with a great overview of how we wound up so concerned with excess weight and why it is very important switch to a wellness approach. In addition, motivational interviewing (MI) is introduced as an optimum communication and counseling approach for supporting clients/individuals to make and sustaining healthy behavior changes in the HAES paradigm. Instead, concentrating on small adjustments for health and promoting a weight-neutral, body acceptance approach will empower your client. Ellen tells a remarkable story - of a journey from a time when she was a knowledgeable but ineffective clinician, through her personal tale of discovering an improved away to greatly help her sufferers. Wellness, Not Weight does not try to become the be-all, end-all source on these topics, but it lays a substantive, well rounded and inspiring foundation, after that offers robust resource lists which make it easy for visitors to explore additional. The dialogs that Ellen uses to describe the components of MI resonate in my own head - read them aloud, because they perform help "train" your human brain to identify your clients' change talk - and practice the responses as created - they are extremely useful scenarios for clinicians to make reference to repeatedly when helping clients function toward positive behavioral changes. I enjoyed her writing style and usage of metaphors to illustrate the procedure. "MI is like ballroom dancing - as a collaborator or partner, you have a much better chance or guiding your client in the direction of positive transformation". I gained valuable insights from the study presented about how health isn't solely dependent on weight. Wellness, Not really Weight, is the only book of its kind that comprehensively introduces the ideas and skills we NEED future healthcare professionals, especially in the field of nutrition, to embody. I feel motivated as a clinician to learn how Dr. Issues with current assessments of wellness, weight stigma, disordered eating, and body esteem all have got their remedy through this revolutionary way of relating to diet. I highly recommend this book not just for dietitians, but also for all health experts so that our work can bring our clients closer to genuine health and peace with food. In short, read this book. Students If you are hesitant about medical at every size motion, I urge you to read this reserve and the study behind the topics discussed!). This book doesn't claim weight loss isn't possible, nonetheless it should not be the main focus. If you work with clients, this can be a huge shift to make from calorie counting or methods to manipulate your daily diet for weight loss. Important info for today's dietitians. fat , health, and culture: exposing the myth, discovering the realities, and the basics of motivational interviewing. Spending time working with those thought patterns (and discussing a therapist as necessary) might help guide a client towards a HAES strategy and move forward from their long-standing up beliefs that weight loss and being a certain size will result in happiness and health. working with athletes;



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