



Effective Counseling Strategies for Dietary Management (Collected Papers of Bertrand)

Patricia A. M. Hodges, Hodges, Connie E. Vickery

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Your key to achieving long-lasting changes in your patient's dietary behavior! This book takes you beyond the science of nutrition and basic counseling skills to interpersonal strategies that really work. Practical dialogs, case studies, charts, and discussion of human dynamics and counseling theories provide a background for recommended techniques that include behavior contracts, food diaries, goal-setting, and role playing.

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