



Basic Nutrition Counseling Skill Development

Kathleen D. Bauer, Carol A. Sokolik

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This book is a step-by-step guide to the fundamental skills of counseling strategies and protocol, complimented by action-based worksheets and practical case studies. Bauer and Sokolik's clear, competent style helps readers translate theoretical perspectives on nutrition counseling into actual effective dialogues between client and counselor.



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