



Wellness, not Weight: Health at Every Size and Motivational Interviewing is a 21 chapter book with contributions from some of the most prominent authors and clinicians in the areas of HAES, giving up dieting, and choosing Size Acceptance over self-hate. Beginning with a piece by Marsha Hudnall, RD, on the importance of a non-diet approach to eating and a body positive approach to self-care and wrapping up with Dr. Jon Robison's list of 10 tangible things you can do right now to improve your well-being and any concerns you may have about health as it relates to weight, this book effectively explains the science, facts, and history of HAES. The book also brings the reader into the politics of when and why the demands for women to be thinner came about. You'll also find chapters from Paul Ernsberger, Lucy Aphramor, Linda Bacon, Dharini Bhammar and Glenn Gaesser concisely challenging the assumptions that are too frequently made about the causal relationship between weight, disease, and weight cycling.

Relating the information on 21 chapters and their respective authors would be too time consuming for this article, but some include: teaching HAES to students and healthcare professionals; spirituality; why athletes should not diet; children and health; motivational interviewing techniques; the differences between intuitive, attuned, conscious, mindful and structured eating; and social justice. The book provides descriptive case studies about how people have been able to change their body hate into body acceptance and heal a fractured relationship with food. The topics are thoughtfully discussed and explained to the reader in a way that not only informs but empowers him/her to understand the material and "pay it forward" by spreading the information to others.

I do feel the need to be clear here, ***Wellness, not Weight*** is not without its own biases — that is obvious the minute you read the title. There is an emphasis on the importance of health that some readers may find to be "healthist" and there's a clear preference for motivational interviewing as a therapeutic modality for treating body image, eating disorders and just about any challenge that a client may be grappling with. Neither of those points of view, in my opinion, detracted from it being a well-crafted textbook for teaching current and future dietitians, nutritionists, clinicians, educators and healthcare workers the value of using a weight neutral approach in their practices and helping, as Dr. Glosky says, "lay-people" to make strides in their personal journey towards self-acceptance and less disordered eating patterns.

It is not a book that most of us would sit down and read cover to cover in our leisure time... a chapter here a chapter there is easier to digest. Unless, of course, you are cramming for the upcoming holiday pop quiz, in which case I suggest you buy a copy, start reading and take notes! I am certain that you will find yourself "armed" with enough crammunition to make it through the holiday season. And try to remember, there is a fine line between teaching and preaching. If you want the Cling-ons to understand that fat is not an evil, deadly, blight, or perhaps convince them to join the movement, convey your message with kindness, respect, and back it up with facts!!!

Knowledge is power.

Til Next Time,

Dr. Deah