

Product Reviews



Title: Craving Change

Authors: Wendy Shah, RD and Dr. Colleen Cannon, RPsych

Date: 2008

Publisher: Craving Change Inc.

Price: \$595 plus S&H

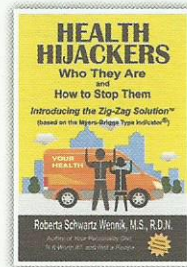
What is included: Facilitator's Manual, client workbook, behind-the-scenes USB wafer, nine video modules with multiple choice exams and case studies.

Ever thought to yourself "nibbling while cooking doesn't hurt" or "the broken cookies at the bottom of the jar really don't count"? The good news is you are not alone ... and you may also be experiencing *heart hunger*. If this sounds like you or a client you know, *Craving Change* is just the tool to help learn how eating habits are affected by daily thoughts and actions. *Craving Change* takes motivational interviewing to the next level by providing cognitive behavioral strategies to encourage self-awareness and build a healthier relationship with food. Through nine easy-to-follow video modules and a facilitator's guide with 16 "change and maintain" strategies, this program is designed to ensure you understand how to implement what you learn into your personal practice - where our eating habits come from, understanding our triggers, how to unlearn problematic behaviors, and how to apply approaches to maintain healthy changes. No matter your clientele, when it comes to building a healthy lifestyle, change is always occurring. Once the course and final exam is completed, you are eligible to use the *Craving Change* program and its easy-to-use worksheets as a Certified Craving Change Clinician. From beginning to end, this is a program that won't just sit on your shelf.

Reviewer: Veronica Campbell, RD, LDN

Title: Registered Dietitian

Affiliation: The Charge Group



Title: Health Hijackers: Who They Are and How to Stop Them, Introducing The Zig-Zag Solution™ (based on the Meyers-Briggs Type Indicator®)

Author: Roberta Schwartz Wennick, MS, RDN

Date: 2021

Publisher: Labyrinth Publishing Works

Price: \$14.99

How do we combat that "autopilot" phenomenon trapping us in unhealthy habits? *Health Hijackers* describes how the sensing, intuiting, thinking and feeling traits from the MBTI® work in conjunction with one another to halt the immediate rewards mentality known as *fast thinking*. A series of questions from each of the four components creates a highly aware and self-efficacious lifestyle approach known as The Zig-Zag Solution™.

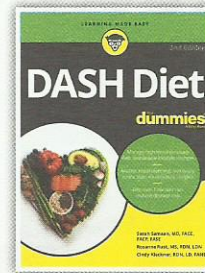
Health Hijackers is ultimately about the decision-making process and how easily it is thwarted by constant pressures increasing the desire for instant relief. Each alternative Schwartz Wennick presents to fast thinking is straightforward and sustainable, so the dilemmas no longer seem insurmountable. Dietitians would likely benefit from practicing the techniques in The Zig-Zag Solution™, as would their clients.

While *Health Hijackers* offers very practical diet and lifestyle advice, it is best suited for individuals in the preparation or action stage of change. The Zig-Zag Solution™ requires strong and consistent initiative from the participant as it relies heavily on self-assessment. While it is arguably an intervention deftly tailored to an individual's needs, the work of looking within to modify behavior is much harder.

Reviewer: Alison Rosenstock, MS, RD

Title: Registered Dietitian and Youth Meals Coordinator

Affiliation: SDNutritionWriter.com and Feeding San Diego



Title: DASH Diet For Dummies

Authors: Sarah Samaan, MD, FACC, FACP, FASE; Rosanne Rust, MS, RDN, LDN; Cindy Kleckner, RDN, LD, FAND

Date: 2021

Publisher: John Wiley & Sons, Inc.

Price: \$22.99

For 30 years the iconic *For Dummies* series has taken on complex concepts and made them easy to understand. *DASH Diet For Dummies* continues that tradition.

The book is targeted to the motivated reader who already has or is at risk for developing hypertension and looking to make informed changes to her/his daily habits. In 360 pages, it covers everything from the scientific concepts of the diet to recipes for any time of day (dessert, anyone?). As readers have grown to expect in this series, there are no color photos and minimal graphics. There is a robust "Part of Tens" section which includes lists of tips on implementing the DASH diet. Buyers of the book are treated to additional information regarding the DASH diet through online extras.

DASH Diet For Dummies does a good job communicating the complexities of the science of cardiovascular diseases and provides practical examples of how those diseases show up in the body and in our lives. While the book presents suggestions to address challenges to adopting the diet, it fails to address difficulties beyond a certain kind of reader. Practical tips on how to approach the DASH diet - no matter your social or economic status - would have been beneficial.

Overall, the book is an approachable resource for clients looking to educate themselves on a proven approach to address hypertension. The level of detail provided in the book also makes it a succinct, reliable resource for the practitioner's bookshelf.

Reviewer: Dawn Anderson, RD, CIP

Title: Behavioral Health Dietitian

Affiliation: none