



Mac-Nutrition
MENTORING

LAB

Lockdown Book Recommendations

To Support Your Nutrition, Soft Skills & Business

Motivational Interviewing in Health Care
By Stephen Rollnick & William Miller

Every excellent nutrition practitioner should be using motivational interviewing (MI) techniques within their practice. This original MI handbook provides lots of tools and examples that show how MI can be used effectively within behaviour change settings. If you were only going to buy/read one book within this entire resource, choose an MI one!

Motivational Interviewing in Nutrition and Fitness
By Dawn Clancy

Overcoming Binge Eating
By Dr Christopher Fairburn

Overcoming Binge Eating comes highly recommended by our Mentoring Lab expert, Dr Jake Laitman and is essentially a self-help guide for any clients that are struggling with binge-eating behaviours. The book is also a fantastic awareness tool for practitioners who want to learn more about eating disorders and work the confidence to know which clients they might be able to support with binge-eating and which clients need to be referred to a specialist.

Making Peace with Food
By Susan Kano

A step-by-step guide to improving your relationship with food and your body, this book will help you with...

The Hungry Brain
By Stephan Guyenet, PhD

Also one of our Mentoring Lab experts, Dr Stephan Guyenet is a prolific nutrition writer who has been writing evidence-based nutrition content for decades (check out his website reading!) His book, *The Hungry Brain*, delves into the fascinating links between the brain & what we eat. An insightful read for practitioners & nutrition enthusiasts alike, but be warned, it's not an easy read!

Is Butter a Carb?
By Rosie Saunt & Helen West

Is Butter a Carb? not only has the best title of any nutrition book ever written *simply*, it is packed with evidence-based nutrition information that is easy-to-read and very practical. It's heavily referenced but also written in a conversational way that makes it accessible to both clients & practitioners giving the reader a fundamental understanding of nutrition (from kcal's & macros to diet myths to gut health to weight signs and more!)

Body Respect
By Linda Bacon, PhD

Body Respect is a HAES (Health At Every Size)-focused book with some excellent practical examples of how to practice self-care, improve body confidence and cultivate body respect. As with other HAES-focused narratives, the book isn't without bias. However, if you read the book with a critical & evidence-based mindset, there is a lot to learn about the impact of weight stigma and most importantly, that there is more to health than weight loss.

The Joy of Half a Cookie
By Jean Kristeller, PhD

The Joy of Half a Cookie comes highly recommended by our Mentoring Lab expert, Laura Tilt. This book can not only be used as a client self-help guide (especially clients who have a poor relationship with food), but there are hundreds of practical ideas/tools that can be implemented into your own practice to help clients tune into their emotional awareness around food & ultimately, eat more mindfully!

Atomic Habits
By James Clear

In addition to *Atomic Habits* being obviously useful for your practice in terms of being able to encourage change & new habits in your clients, it's highly likely that you will be able to apply lots of what you learn within this bestselling book to your own life & business too! With practical guides, strategies and practices to implement, we genuinely believe that everyone could benefit from reading this and taking action!

Bad Science
By Ben Goldacre

Bad Science is a fantastic example of critical thinking; another of the key skills of an excellent practitioner! Although the book was written in 2003, the topics covered (including toxins, homeopathy & misleading journalism) are still incredibly relevant! It's also written in a way that is both educational and entertaining! The sequel, *Bad Pharma*, which focuses specifically on the misuse of science within the pharmaceutical industry is also an insightful read!

How to Win Friends and Influence People
By Dale Carnegie

The Subtle Art of Not Giving a F*ck
By Mark Manson

More a 'book for life', this is another recommendation that anyone can take something from. If you spend time on social media getting wound up by people you follow, if you're a people-pleaser that doesn't know how to say no, if you spend your life worrying about what other people think of you, this book will help empower you. The author says it all, it's a 'refreshing slap for a generation to help them lead un-anxious, grounded lives'.

Sigma Weight Cutting System
By Danny Lennon, MSc

If you're working with weight-making athletes, you'll know how specific nutrition recommendations often have to be in the lead-up to a fight/competition. If that's your area of expertise, Danny Lennon (co-founder of our Mentoring Lab experts) has written a comprehensive, practical guide that can be used as a handbook for supporting weight-making athletes with their weight loss & performance!

The Fat Loss Prescription
By Dr Spencer Nadolsky

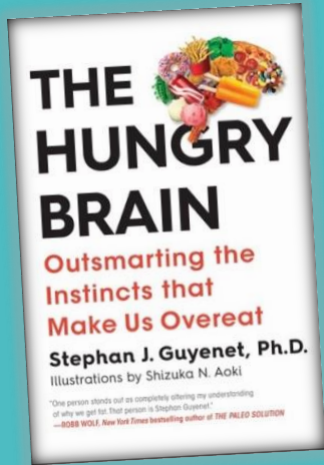
Mentoring Lab expert and MNU Doctor, Spencer Nadolsky has written a 9-Step Fat Loss Prescription designed for beginners that improve their health. For any weight loss clients at the start of their nutrition journey (who potentially struggle with the basics and are attracted to the fads), this book could act as a great supportive resource for your practice.

Tiny Habits
By BJ Fogg, PhD

Perhaps less well-known than *Atomic Habits* by James Clear, *Tiny Habits* is written by Dr BJ Fogg who is the founder and director of The Behavioural Design Lab at Stanford University. The book uses behavioural science research to provide a practical guide to implementing new and lasting habits relating to any aspect of your *your* client's life! Both this and *Atomic Habits* cover very similar concepts so pick either for your habit-focused read!

The Hungry Brain

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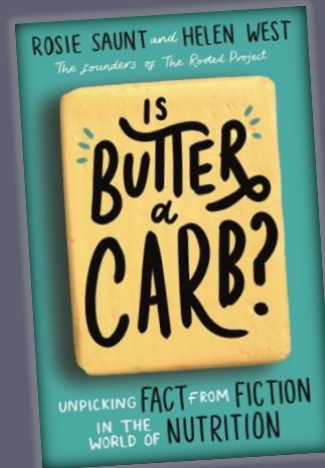


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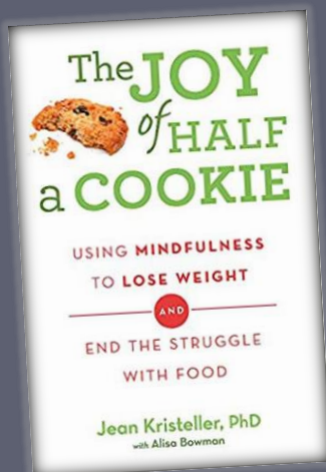


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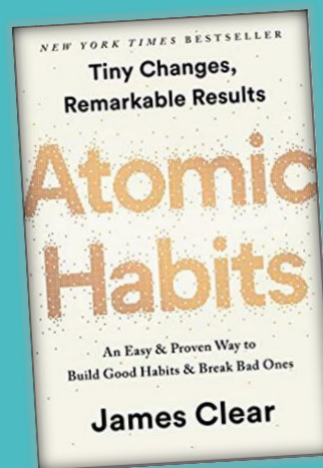


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Atomic Habits

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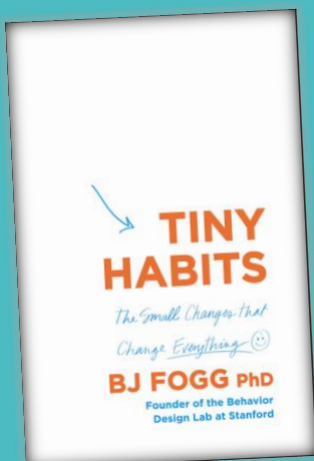


In addition to Atomic Habits being useful for your practice in terms of being able to encourage change & new habits in your clients, it's highly likely that you will be able to apply lots of what you learn to your own life & business too! With practical guides, strategies and practices to implement, we genuinely believe that everyone could benefit from reading this and taking action!



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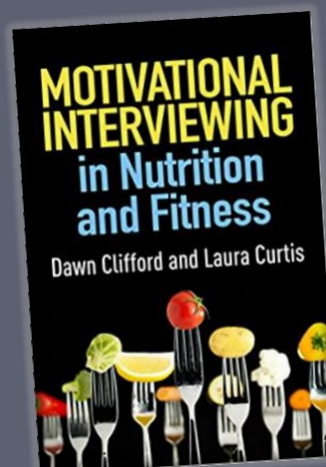


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Motivational Interviewing in Nutrition & Fitness

By Dawn Clifford & Laura Curtis

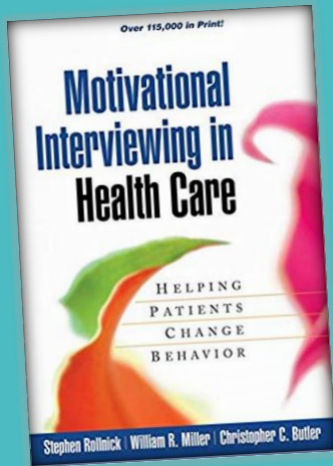


Depending on the type of clients you are specifically working with, this nutrition & fitness version of the MI handbook may be more relevant than the original by Rollnick et al. This version focuses more on behaviour change within nutrition, exercise and weight loss (and focuses a lot less on examples within smoking cessation, adherence to medications, safe sex practices etc.)



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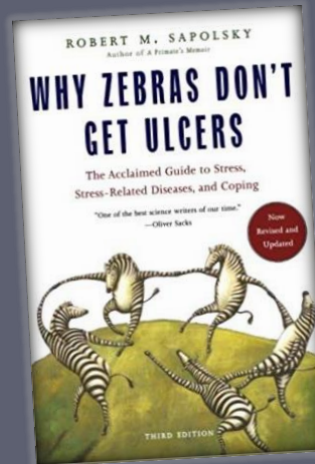


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Why Zebras Don't Get Ulcers

By Robert Sapolsky

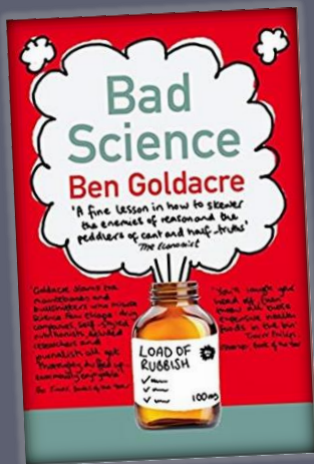


This book is the definitive guide to stress written by a professor of biology at Stanford University. Why Zebras Don't Get Ulcers covers everything you would ever need to know about stress and other interesting questions such as the difference between anxiety and depression. Dr Sapolsky has a knack for writing and this book is not only super informative but also entertaining too!



Bad Science

By Ben Goldacre

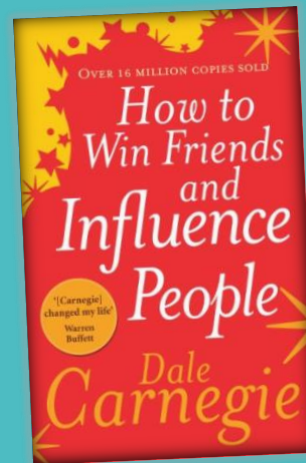


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How to Win Friends & Influence People

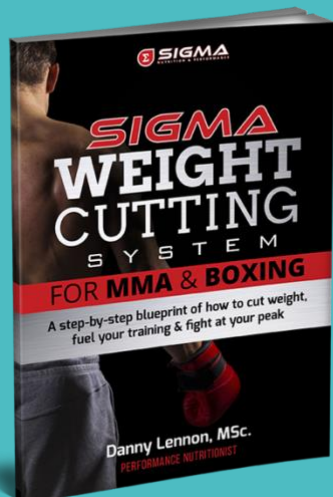
By Dale Carnegie



While this isn't a typical nutrition book, How to Win Friends and Influence People is a best-seller dedicated to communication & how to effectively deal with people; skills that can be applied to every area of your practice e.g. pitching your services to clients/businesses, getting the best out of your clients; getting the best out of your colleagues/employees, improving your leadership skills, how to be a good listener etc. The list goes on!

Sigma Weight Cutting System

By Danny Lennon, MSc

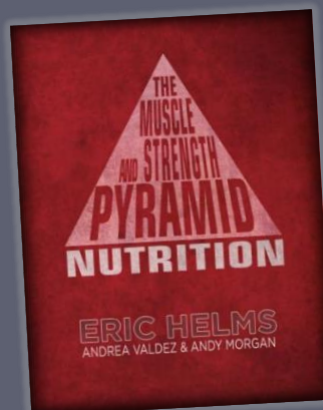


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The Muscle & Strength Pyramid

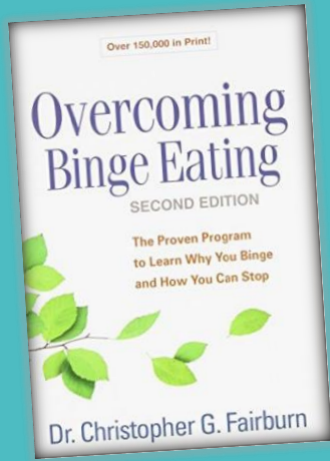
By Eric Helms, Andrea Valdez & Andy Morgan



If you're working with clients who are looking to maximise strength/muscle mass and/or want to compete in bodybuilding, the muscle & strength pyramid nutrition guide is a fantastic resource to have on your bookshelf! The nutrition guide covers all aspects of the bodybuilding nutrition journey from bulking to getting to stage-level leanness, all supported by the most up-to-date scientific

Overcoming Binge Eating

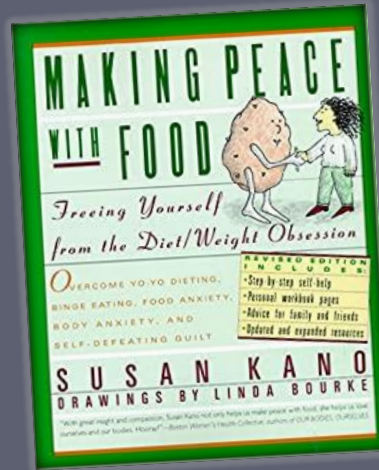
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Making Peace with Food

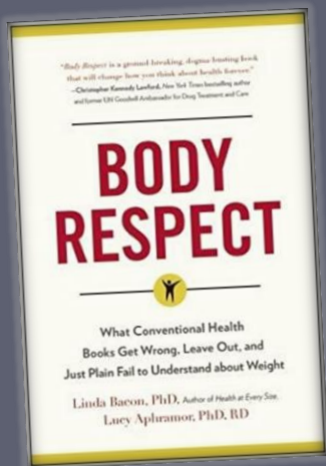
By Susan Kano



A step-by-step guide to improving your relationship with food and your body, this book will help you with clients (especially females) who perhaps do not need to focus on weight loss but instead need to work on body acceptance to improve all aspects of their health. This book does a good job of helping to understand weight stigma, dieting and body image too!

Body Respect

By Linda Bacon, PhD



Body Respect is a HAES (Health At Every Size)-focused book with some excellent practical examples of how to practice self-care, improve body confidence and cultivate body respect. As with other HAES-focused narratives, the book isn't without bias. However, if you read the book with a critical & evidence-based mindset, there is a lot to learn about the impact of weight stigma and most importantly, that there is more to health than weight loss.

The Confidence Project

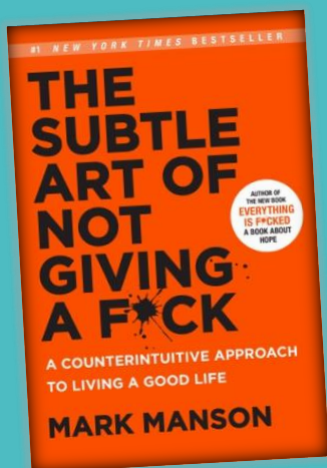
By Dr Rob Yeung



Dr Rob Yeung is another of our Mentoring Lab experts! He has written over 20 books on psychology-specific topics such as behaviour change, influence, persuasion & achievement. His 2019 book, The Confidence Project, focuses on how your thoughts, beliefs, assumptions, values & opinions can hold you back and how you can use them to your advantage to improve both your professional & personal life!

The Subtle Art of Not Giving a F*ck

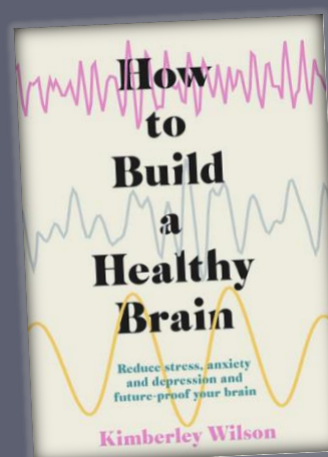
By Mark Manson



More a 'book for life', this is another recommendation that everyone can take something from. If you spend time on social media getting wound up by people you follow, if you're a people/client pleaser that doesn't know how to say no, if you spend your life worrying about what other people think of you, this book will help empower you. The synopsis says it all; it's a 'refreshing slap for a generation to help them lead contented, grounded lives.'

How to Build a Healthy Brain

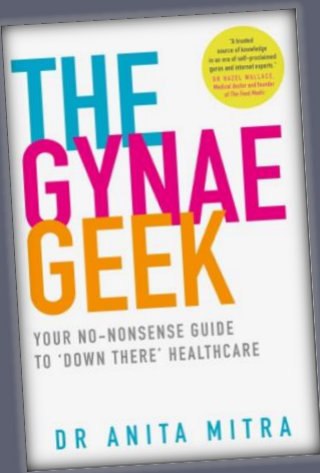
By Kimberley Wilson



Mental health is (quite rightly) becoming a more prominent and less taboo area of health to talk about and focus on. How to Build a Healthy Brain does a brilliant job of breaking down the scientific evidence into practical ways we can all improve our mental health; from advice on stress, sleep, nutrition & physical activity to managing emotions & building psychological resilience. There's truly something for everyone (both clients & practitioners)!

The Gynae Geek

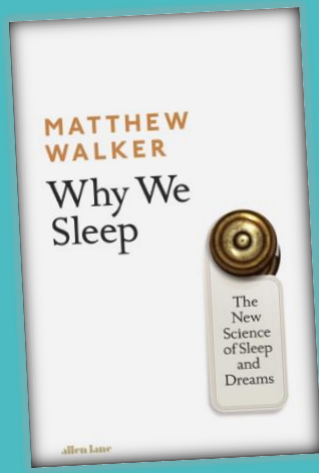
By Dr Anita Mitra



For anyone working with female clients, having an awareness of female physiology (including periods/missing periods, pregnancy, menopause, the impact of contraception) is crucial. Often a taboo topic, this book will give you a fantastic knowledge & empathetic base from which to tailor your recommendations. It unfortunately does fall slightly short of being 100% evidence-based when it comes to the nutrition advice so read those parts with a critical eye!

Why We Sleep

By Matthew Walker



Matthew Walker has become *the* sleep guy after releasing this book & he is well qualified to be given this title! Why We Sleep highlights the reasons we need sleep & the simple actions we can take to maximise our own sleep. It can be quite science-heavy at times (especially in the REM sleep sections) but is generally very digestible! Just a little warning, there's a strong chance you will become obsessed with getting your '8 hours' after reading this; something to consider for you & your clients!

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Happy Lockdown Reading!

Don't forget to share your reviews & recommendations in the Mentoring Lab Facebook thread!

