

## **BOOKS ON MOTIVATIONAL INTERVIEWING**



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My purpose in reading this book was to get a better sense for motivational interviewing (MI) techniques and how to apply them to a health population. The first half of the book, by Miller and Rollnick, was helpful with this.

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Motivational interviewing (MI) is an alternative approach for raising problem awareness and facilitating change exploration with individuals who may be reluctant, stuck, or not yet ready to make behavioral changes.

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### **Books by Stephen Rollnick Author of Motivational**

Stephen Rollnick has 25 books on Goodreads with 8251 ratings. Stephen Rollnick's most popular book is Motivational Interviewing: Preparing People for Change

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### **20 Best Motivational Books to Take Charge of Your Life**

Fiction books may be motivational, but they often are short on details for achieving transformational life changes. To make this list a book needed to have something important to say. The book needed to provide solid ideas about how to make the changes it proposed in your life, and above all the book needed to be motivational.

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### **Chapter 3 Motivational Interviewing as a Counseling Style**

Motivational interviewing is a way of being with a client, not just a set of techniques for doing counseling.

Miller and Rollnick, 1991. Motivational interviewing is a technique in which you become a helper in the change process and express acceptance of your client.

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