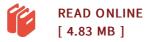




## Nutrition Recovery: A Professional Resource for Healthy Eating During Recovery from Substance Abuse

By Michael Dean

Centre for Addiction and Mental Health, Canada, 2000. Paperback. Book Condition: New. 277 x 198 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Many people are unaware of the role nutrition plays in their recovery from substance use problems. Nutrition and Recovery helps clients take control over and improve their health by giving them the tools to change their diet. This manual consists of 14 educational modules, covering topics such as food and mood, nutrition and gambling, healthy body, body image, fibre, fat and much more. Each module has background information for presenters, lesson plans for group discussion and handouts. The modules can be used independent of one another to accommodate clients who may be at different stages of change in recovery. This resource will be invaluable to substance use counsellors and dietitians and nutritionists who work with those in recovery.



## Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- Blanca Davis

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD