Books


Websites
- Motivational Interviewing Network of Trainers (MINT)
  www.MotivationalInterviewing.org

- Let’s Go!
  www.letsgo.org

Other web resources
- *Motivational Interviewing Videos on YouTube™* through ProjectECHO (links below):
  - Five Part Series: https://www.youtube.com/playlist?list=PL7CCEDF979F035588

DVDs

- BMI2 : Brief Motivational Interviewing to Reduce Body Mass Index, University of Michigan, 2009.

This toolkit includes an easy-to-use *Let’s Go! Motivational Interviewing Guide*. This tool can be used to help you guide a conversation through Importance and Confidence Rulers, Change Talk, Values and Strengths, Reflective Listening, and Goal Setting.