Truce with Food: A Heroine's Journey

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Document Type
Thesis or dissertation

Date of this Version
5-1-2013

Comments
Submitted to the Program of Organizational Dynamics in the Graduate Division of the School of Arts and Sciences in Partial Fulfillment of the Requirements for the Degree of Master of Science in Organizational Dynamics at the University of Pennsylvania

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Abstract
This Capstone is a theoretical analysis of the factors involved in what has become a pervasive yet ineffective North American food story, a battle with food. With the battle metaphor as a guide, more people are dieting and failing. This is escalating health-care costs and decreasing quality of life. By applying my Organizational Dynamics graduate studies program at the University of Pennsylvania with concentrations in Coaching and Change Management, this paper proposes a health-coaching model that is holistic, focusing on the physiology and emotional factors involved in changing the war with food mentality to one of a truce with food.

Keywords
Coaching, food, health

Date Posted: 25 June 2013