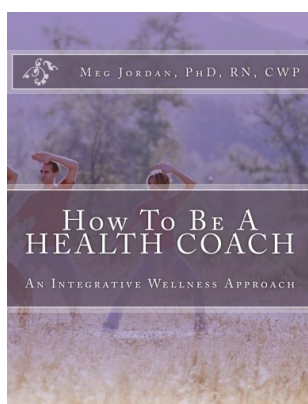


[PDF] How To Be A Health Coach: An Integrative Wellness Approach

PhD, RN, CWP, Meg A Jordan - pdf download free book



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This step-by-step manual offers the essentials of health coaching methodology, along with integrative wellness principles, theoretical frameworks, evidence-based models, coaching session formats, and practice tools. Readers also learn effective mind-body techniques to become extraordinary health coaches.

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