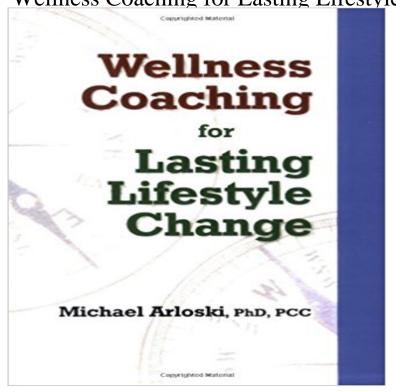
## Wellness Coaching for Lasting Lifestyle Change



For the first time the principles of wellness promotion and personal life coaching are brought together in one volume. Guided by his long experience as a wellness coach, Dr. Arloski blends the wisdom of the coaching profession to bring us an easy-to-use training tool perfect for: wellness professionals, professional coaches, managers, EAP professionals, counselors, and wellness educators. The coaching processes outlined in the book will help you work with your clients to empower them to draw on his or her own abilities and resources to make lasting changes for better health.

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