



# **How to Be a Health Coach: An Integrative Wellness Approach**

*Meg Jordan*

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## **How to Be a Health Coach: An Integrative Wellness Approach** Meg Jordan

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.

### **How to Be a Health Coach: An Integrative Wellness Approach Details**

Date : Published August 29th 2013 by Createspace Independent Publishing Platform

ISBN : 9781463627799

Author : Meg Jordan

Format : Paperback 240 pages

Genre : Education



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