



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

By CWP Phd Rn Jordan

Createspace, United States, 2013. Paperback. Book Condition: New. 277 x 213 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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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