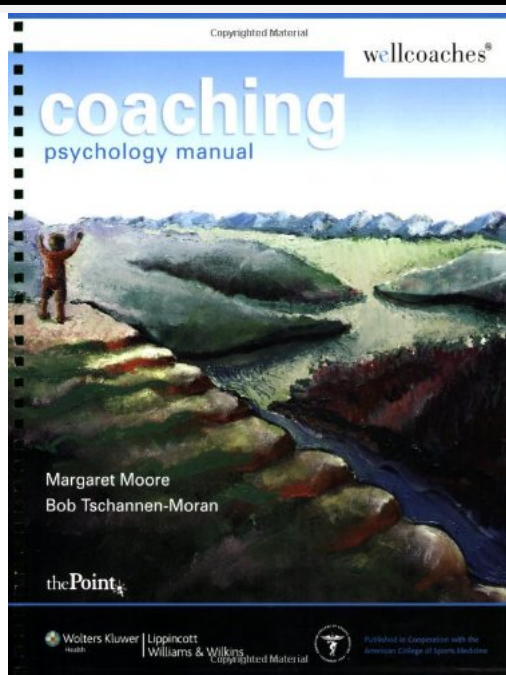

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Book Synopsis

A comprehensive guide to wellness coaching complete with specific examples and scenarios. It helps train wellness coaches - in the techniques and concepts to work with individuals on improving various areas of wellness including fitness, nutrition, weight, stress, and management of life issues that impact health.

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