



# Coaching Psychology Manual (Point (Lippincott Williams & Wilkins))

*Margaret Moore*

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Coaching Psychology Manual is designed as a comprehensive guide to wellness coaching complete with specific examples and scenarios. This manual will help train wellness coaches—a group comprised of fitness professionals, including personal trainers, dieticians, nurses, and physical therapists—in the techniques and concepts to work with individuals on improving all areas of wellness including fitness, nutrition, weight, stress, and management of life issues that impact health.

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