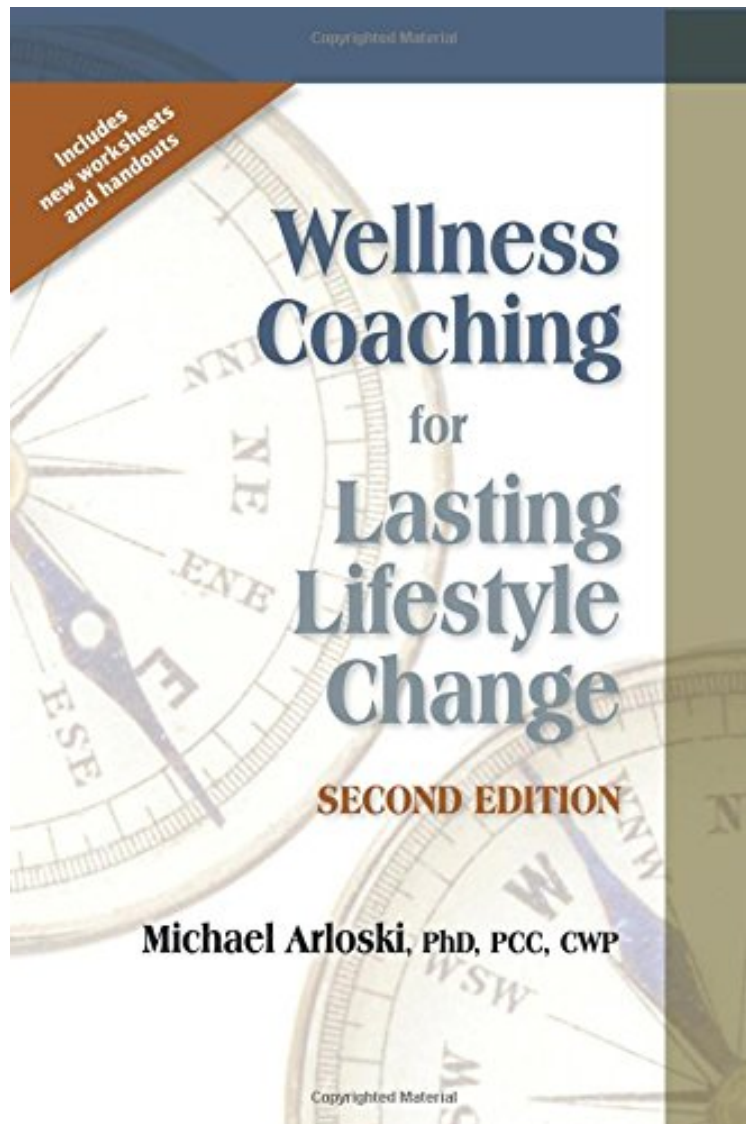


Wellness Coaching for Lasting Lifestyle Change - Second Edition

Michael Arloski

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Guided by his long experience as a wellness coach, Dr. Arloski blends the wisdom of the wellness field with the proven processes of the coaching profession to bring us an easy-to-use training tool. The book is used throughout the world to train wellness coaches. It is also the perfect training tool for wellness professionals of all kinds, disease management professionals, professional coaches, EAP professionals, counselors, and therapists. The 2nd edition includes updates, numerous additions, and expanded worksheets.

About the AuthorMichael Arloski, Ph.D., PCC, CWP, is CEO of Real Balance Global Wellness and dean of The Wellness Coach Training Institute. Dr. Arloski's perspective on wellness coaching comes from his pioneering work training thousands of wellness and health coaches worldwide, authoring the field's foundational book *Wellness Coaching For Lasting Lifestyle Change* and serving as an Executive Committee member of The National Consortium for Credentialing Health Wellness Coaches. A member of the Board of Directors of The National Wellness Institute he has also served as President of The Ohio Society For Behavioral Health. Licensed psychologist, keynote speaker, consultant, and author, Michael's mission is to build allies for a healthy world across the globe.