

# Free ebook Lifestyle wellness coaching Copy

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health and wellness coaches work with clients to improve their health vitality and well being by engaging in behaviors that have been proven to improve health and prevent disease including weight loss fitness nutrition stress coping sleep mind body and positive psychology interventions

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wellness coaching is a process that focuses on the overall well being of an individual encompassing physical mental and emotional health it involves working with a trained professional who helps clients identify their goals overcome barriers and develop strategies to optimize their well being

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