

Wellpreneur The Ultimate Guide For Wellness Entrepreneurs To Nail Your Niche And Find Clients Online

A Yale-trained, board-certified family physician with a specialty in women's health and obstetrics delivers a proven 28-day program to heal the overwhelmed, overloaded systems, and the myriad of symptoms affecting the vast majority of women today. Weight gain, fatigue, brain fog, hormonal imbalances, and autoimmune conditions—for years, health practitioners viewed each as individual health problems resulting from a patient's genetic bad luck, poor lifestyle choices, or lack of willpower. Patients, too, have turned to different doctors to address symptoms: an endocrinologist for a thyroid problem; a gynecologist for hormonal issues; an internist for weight, diabetes, and high blood pressure; a rheumatologist for joint problems; therapists or psychologists. While these ailments may seem unrelated, Dr. Aviva Romm contends that they are intrinsically connected by what she calls Survival Overdrive Syndrome when the body becomes overloaded. SOS can result from childhood survival patterns or adult life stressors that are compounded by foods we eat, toxins in our environment, viral infections, disrupted gut microflora, and even prescribed medications. Two of the systems most affected are the adrenal system and the thyroid, which control mood, hormones, inflammation, weight, will power, blood sugar balance, cholesterol, sleep, and a host of other bodily functions. When these systems become overwhelmed they lead to symptoms that can develop into chronic conditions including diabetes, hypertension, osteoporosis, and heart disease—all of which have medically provable origins in SOS. The Adrenal Thyroid Revolution explains SOS, how it impacts our health, and how to lead to illness, and most importantly, offers a drug-free cure developed through Dr. Romm's research and clinical work with tens of thousands of patients. In as little as two weeks, you can lose weight, discover increased energy, improve sleep, and feel better. With The Adrenal Thyroid Revolution, you can rescue your metabolism, hormones, mind and mood—and achieve long-term health. By presenting a holistic and integrated health and wellbeing approach to personalised care through wellness coaching, this handbook provides theory, insights, best practice, case studies, and more in order to deepen practitioners' knowledge and experience. Integrative wellness is about working in collaboration and is a partnership between the professional and the patient with the goal that they can take as much control as is possible for their own health and wellbeing. This book helps form this collaboration by exploring the co-creation of personalised care plans, lifestyle changes, and cognitive-behavioural interventions including motivational coaching for patient activation, as well as flexible ways to provide wellness coaching. Exploring how the mind-body connection impacts the patient's journey, Integrative Wellness Coaching is an invaluable guide for any healthcare practitioner who wants to embrace their patients' lifestyle choices and mindsets towards health. The health and fitness industry is huge, highly competitive, and often confusing to navigate. This one-of-a-kind book helps you make sense of the chaos, laying out a clear roadmap for success for both established professionals and anyone just getting started. With thousands of certifications, seminars, websites, and gurus promising advice, it's difficult for even the best professionals to turn health and fitness into meaningful—and measurable—success. Enter Change Maker. In this definitive career guide, John Berardi—co-founder of Precision Nutrition, founder of Change Maker, and one of the most successful people in the history of the health and fitness industry—shares his blueprint for becoming the ultimate change maker, one with a powerful purpose, and the ability to fund your own ideal lifestyle. Whether you're new to the industry and looking for a head-start, or you're already an expert but need a fresh approach, consider this your guide. With six helpful steps, this book covers the range of logistical, financial, psychological, and practical issues that every health and fitness pro needs to know, including how to: • Choose your niche based on your unique strengths • Identify what your clients really want and deliver it every time • Build new relationships and become a next-level coach • Get new clients, make more money, and grow your thriving business • Nurture and protect your most precious asset, your reputation • Create a life-long, growth-oriented continuing education plan If you work as a trainer, nutritionist, personal trainer, doctor, group instructor, rehab specialist, or health coach—or you eventually want to—this step-by-step guide will help you turn your passion for health and fitness into work you love, creating raving fans, and your career into something powerful, meaningful, and change-making.

The synthesis of meditation and modern neuroscience has sparked a revolution—more than ever, we can use specific practices to create positive, lasting changes in our brains. Lisa Miller shares the power of neuroplasticity firsthand. When conventional medicine offered no answers for her deadly seizures, she created her own regimen of meditation and life practices to heal herself. She has successfully taught her Neurosculpting® method to veterans, first responders, and clients in the most stressful occupations. With Neurosculpting, she brings readers a complete guide to the process, featuring transformative insights and techniques for: • Engaging the mind-body connection to shape our neural pathways with positive choices and intentions • Disarming trauma, rewriting limiting beliefs, and liberating yourself from unhealthy habits • Whole-brained meditation—bringing your brain's left and right hemispheres into harmony to awaken your full potential • Integrating lifestyle, diet, exercise, and spiritual practice to create the ideal environment for healing and happiness • Putting it all together—practical guidance for personalizing your practice. Neurosculpting “If you could learn to squeeze the vibrancy and beauty out of each moment of your life,” writes Wimberger, “would you say yes to a practice that could get you the most out of life?” In a layman-friendly style that encompasses cutting-edge neuroscience and our human capacity for hope, free will, love, and spirituality, she offers a breakthrough guide for taking charge of your health, happiness, and personal growth.

The Provider's Guide to Coaching Scope and Competencies

Free to Heal

A Handbook for Therapists and Counsellors

Essential Ingredients for a Sustainable Health and Well-being Business

Plot your way to emotional health and happiness

9 Steps to a Successful, Soul-Satisfying Health Coaching Practice

A Powerful New Plan to Blast Fat and Reignite Your Energy in Just 21 Days

Functional Medicine Coaching: Stories from the Movement That's Transforming Healthcare

I'm a Registered Dietitian... Now What? Is a question each registered dietitian experiences along their professional journey. You

are not alone. As you travel along your registered dietitian journey, this book will meet you where you have been, where you are and where you want to go. It is a book every registered dietitian will read throughout different times in their careers. By the end of this book, you'll understand why you became a registered dietitian and why you want to continue being a registered dietitian through these topics: What is your story, passion and purpose as a registered dietitian How do you find fulfillment in your job How to know when it is time to move on and to have the courage to go after the exact job you want as a registered dietitian How to find joy as a registered dietitian by being a mentor, leader and your role in the future of dietetics 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.

Free to Heal presents easily implementable simple steps that move health coaches in the direction of their dreams. Many health coaches have a dream to make a greater difference in healing with their own signature soul-satisfying programs, without putting their family at risk. But they have no idea how to do that - until now. Shaunna Menard, MD knows what it looks like to see someone destroy their health before her eyes. In Free to Heal, she shares how she was able to break free and make an even greater difference with her own soul-satisfying health coaching practice. In Free to Heal, health coaches learn how to: Use self-healing principles that clearly and confidently deliver exponential results for their patients and clients Awaken to what they really want without having to choose between "making a living" and living Break free from a medical career to create their own signature wellness program without putting their family at risk Determine what influencers are sabotaging them and keeping them stuck Have you ever wondered how to become a life coach but found yourself thinking: "What if I fail or am not good enough?" "What kind of coaching can I do?" "Where should I even start?" If so, you're in the right place. The authors of Make Money as a Life Coach get it. They know what it's like to navigate the world of online business and coaching. After considerable learning and several wrong turns, they've both gone on to create successful coaching businesses. Now, they want to help you do the same. Because here's what nobody tells you..... becoming a life coach doesn't have to be difficult. All you need is a phone, an internet connection, and a deep desire to help people. Yes, there are a lot of steps you can take to become a life coach. But you don't have to do all (or many) of them. And you certainly don't need to do everything when you're first starting out. In this book, the authors cut through the noise and show you exactly how to: * Identify your ideal coaching niche - So that you feel confident in your offering and become the coach that you were designed to be. * Define your marketing strategy - To attract a constant stream of your ideal clients. * Confidently conduct a discovery call - So that you sign your first paying clients as quickly as possible. When you follow the steps in this book you'll not only start your business, you'll also sign your first paying client(s) in as little as 30 days. Imagine how your life will change when you're doing work that is meaningful and profitable. Work that you are uniquely designed to do. Reading this book (and taking action) will save you time, money and your sanity. You don't need to keep trying to figure this out on your own. If you're a stay-at-home mom looking to earn income doing rewarding work. Or if you simply want financial freedom and a more meaningful life. Make Money as a Life Coach shows you exactly how to become a life coach and attract your first paying client(s) as quickly as possible. So, what are you waiting for? Click the BUY NOW button at the top of this page and start creating your dream coaching business!

Radical Metabolism

Supercharge Your Immune System and Stay Well for Life

The Personal and Intimate Relationship Skills Workbook

Know Your Talent Better Than You Know Your Customers

Angels Within Us

Building a Powerful Practice

Lessons Learned from My First Year in Business

Finding Your Own North Star

Fad diets all promise miraculous results for your outward appearance - yet people continue to eat poorly, gain weight and depend on medications and operations to maintain their health. It's

time for a reality check: there is no one-size-fits-all diet. Learn the secrets of intuitive eating and start building a new relationship with your body. Integrative Nutrition is loaded with valuable insights into nutritional theories, simple ways to nurture your body and holistic approaches to maximize health. Integrative Nutrition offers a play-by-play for proper nutrition and personal growth, and is packed with delicious, easy-to-follow recipes.

Mood mapping simply involves plotting how you feel against your energy levels, to determine your current mood. Dr Liz Miller then gives you the tools you need to lift your low mood, so improving your mental health and wellbeing. Dr Miller developed this technique as a result of her own diagnosis of bipolar disorder (manic depression), and of overcoming it, leading her to seek ways to improve the mental health of others. This innovative book illustrates: * The Five Keys to Moods: learn to identify the physical or emotional factors that affect your moods * The Miller Mood Map: learn to visually map your mood to increase self-awareness * Practical ways to implement change to alleviate low mood Mood mapping is an essential life skill; by giving an innovative perspective to your life, it enables you to be happier, calmer and to bring positivity to your own life and to those around you. 'A gloriously accessible read from a truly unique voice' Mary O'Hara, Guardian 'It's great to have such accessible and positive advice about our moods, which, after all, govern everything we do. I love the idea of MoodMapping' Dr Phil Hammond 'Can help you find calm and take the edge off your anxieties' Evening Standard 'MoodMapping is a fantastic tool for managing your mental health and taking control of your life' Jonathan Naess, Founder of Stand to Reason

Have you ever wanted to change things up in your life but felt stuck? Have you ever desired to do something but didn't know where to start? Has fear ever paralyzed you from making a decision that you knew was good for you? Are you always full of ideas but have trouble actually executing them? In The Art of Implementation, motivational speaker Michael S. Pittman shares the necessary methods and strategies needed to help you set and achieve your goals. Through stories, quotes and practical applications he gives you the formula for breakthrough in your life! In these pages you'll discover: -How to gain and use laser-like focus to your advantage -How to be relentless when pursuing your goals -How to achieve what those around you only dream about

You can expand your clinical practice into a thriving, flexible health coaching service! Do you dream of having a thriving health coaching practice, but are worried that your professional healthcare license, such as in physical or occupational therapy, nursing, nutrition or dietetics, medicine, chiropractic, or acupuncture will limit your ability to practice? Are you worried that you don't know enough about nutrition and lifestyle medicine to create an effective, professional, and integrative practice? Are you worried that you won't be taken seriously or look unprofessional as a health coach? Are you worried that people won't pay for health coaching? If you're serious about helping women to achieve root cause healing - physically, emotionally, and spiritually - and you want to build a thriving, financially successful coaching practice that makes a positive impact on global women's health, Clinician to Coach is for you. In it, bestselling author, prominent speaker, and founder of The Integrative Women's Health Institute, Dr. Jessica Drummond, DCN, CNS, PT, NBC-HWC will teach you: The communication skills you need to be a professional health coach with a clear scope of practice The functional nutrition skills you need for root cause healing of common women's health concerns, including pelvic and period pain, hormone imbalances, fatigue, postpartum or surgical recovery, fertility, female athlete health, perimenopause, and more The steps to build a successful health coaching practice in months, not years, even if you have no marketing skills, fear public speaking, or hate social media The strategies you need to transition from the clinical mindset to a coaching mindset The biggest mistakes clinicians-turned-health coaches make, and how to avoid them Grab your copy today and get started on a path to a fulfilling and lucrative career as a professional health coach.

A Proven 4-Week Program to Rescue Your Metabolism, Hormones, Mind & Mood

Reclaim Your True Nature to Create the Life You Want

Make Money as a Life Coach: How to Become a Life Coach and Attract Your First Paying Client

I'm a Registered Dietitian... Now What?

Nomad

Finding Your Way in a Wild New World

Neurosculpting

A Warrior's Guide to Building a Wildly Successful Coaching Business from the Inside Out

From Client to Clinic owner is a guide for holistic therapists and wellbeing teachers, showing you how to create a heartfelt business from the inside out. Part personal journey, part business manual, this book shares the importance of knowing what our personal values are and how they help us to create an authentic, purpose driven wellbeing business. Get clarity about who you are in your business and who you are here to work with. Understand why your values should be at the heart of every decision you make. Learn how to share your wellbeing message in a way that speaks to your clients. "I believe that the best way to create a heartfelt wellbeing business is to look inward - by discovering who we are and how we want our business to look we can create a wellbeing business that makes a positive change in the lives of our clients." - Helen Pinnock

Why do some wellness entrepreneurs find freedom, flexibility and a healthy income online - while others get stuck spinning their wheels, never finding clients or making sales? It's not about who has the best website, or who spends more time on social media. The secret is in the system. Wellpreneurs who find clients online have a system in place that failing wellpreneurs don't. This system brings more of the right people to your website, and turns them into paying clients. It's this proven, step-by-step system you'll learn in this book.

Wellpreneur is a guide to nailing your niche and finding more clients online, written just for wellness entrepreneurs. If you're a health coach, yoga teacher, personal trainer, nutritionist or other wellness professional, you'll: Get total clarity on your target market, so you know exactly who you're serving (and why). Learn the proven five-step Organic Growth System to attract ideal prospects to your website and turn them into paying clients. Peek inside the businesses of successful wellpreneurs, to learn how they grew profitable

wellness businesses online. Streamline your online marketing, so you can spend less time marketing, and more time doing work you love!

“The best known life coach in America” (Psychology Today) and bestselling author of Finding Your Own North Star provides a new transformational program for creating an unconventional life path to a sustainable way of life. Martha Beck’s program has been practiced by Oprah and featured on Super Soul Sunday! Finding Your Way in a Wild New World reveals a remarkable path to the most important discovery you can make: the knowledge of what you should be doing with your one wild and precious life. It’s the thing that so fulfills you that, if you knew what it was, you’d run straight toward it through brambles and fire. Life coach and bestselling author of Finding Your Own North Star Martha Beck guides you to find out how you got to where you are now and what you should do next, with clear instructions on tapping into the deep, wordless knowledge you carry in your body and soul. You probably have sensed that you have a higher calling and a quiet power that could change the world—you lack only the tools. With her sparkling prose, Beck draws from ancient wisdom and modern science to help you consciously tap into that power and develop those tools for transformation. You’ll also find your inner identity and your external “tribe” of like-minded people, experience the spark of inspiration, and take action to make a lasting impact on the world. Compassionate and inspirational, Finding Your Way in a Wild New World is a revolutionary journey of self-discovery that leads to miraculous change.

A powerful guide to building a data-centric corporate culture that unleashes talent and improves engagement Amazon delights customers with recommendations that are spot on. Google amazes us by generating answers before we’ve even finished asking a question. These companies know who we are and what we want. The key to their magic is Big Data. Personalizing the consumer experience with the collection and analysis of consumer data is widely recognized as one of the biggest business opportunities of the 21st century. But there is a flip side to this that has largely been missed. What if we were able to use data about employees to personalize and customize their experience - to increase their engagement, help them learn faster on the job, and figure out which teams they should be on? In this book, Leerom and his colleagues outline the six principles they’ve used to decode work and unlock the maximum potential of their talent, and share success stories from other organizations that have embraced this approach. The Decoded Company is an actionable blueprint for any company that wants the best from its people, and isn’t afraid of radical approaches to get it. Leerom Segal is the president and CEO of Klick and has been named “Entrepreneur of the Year” by the Business Development Bank of Canada, won the “Young Entrepreneur of the Year” award from Ernst and Young, and was named to Profit Magazine’s Hall of Fame as the youngest CEO ever to lead a nonprofit company. Aaron Goldstein is the co-founder of Klick and is a Senior Certified Project Manager Professional. Jay Goldman was Head of Marketing at Rypple, a venture-backed startup acquired by Salesforce in 2012 and now known as Work.com. He is the author of the O’Reilly Facebook Cookbook, and he has been published in the Harvard Business Review. Rahaf Harfoush is the author of several books including Yes We Did. She was a contributor to the best-selling Wikinomics and Grown Up Digital.

Mood Mapping

Holism and Holistic Health Care for Nurses

Grow Your Nutrition Business from the Ground Up

A Spiritual Guide to the Twenty-Two Angels That Govern Our Everyday Lives

Turn Your Passion for Health and Fitness into a Powerful Purpose and a Wildly Successful Career

Nutritionist in Private Practice

A Whole-Brain Approach to Heal Trauma, Rewrite Limiting Beliefs, and Find Wholeness

Claiming the Life You Were Meant to Live

Hamilton Beach Bread Machine Cookbook for beginners: The Best, Easy, Gluten-Free and Foolproof recipes for your Hamilton Beach Bread Machine There is nothing better than the exquisite and delicious aroma of freshly baked bread that fills the kitchen. However, baking bread from scratch is a slow, challenging, and complicated process. Having to knead, taste, and bake the dough can take hours, and creating the perfect and crispy increase can take years to master. Everyone loves the taste and smell of the fresh bread, but not the time it takes to bake it. Making bread should be simple... and now it is. The Hamilton Beach Bread machine is now the hot item in the kitchen because it takes the work out of making homemade bread. Even better, the Hamilton Beach Bread Machine Cookbook takes the mystery out of the bread machine and brings you easy-to-use recipes. With more than 100 recipes that use easy-to-find ingredients and require minimal work, this Hamilton Beach bread machine cookbook will set you up for baking success. Put down the dough and pick up this book. The Hamilton Beach Bread Machine Cookbook is the first and only collection of easy, hassle-free recipes that give you delicious homemade loaves of bread every time. Recipes include: - Every Day Bread- Classic favorites - Rustic bread- Sweet doughs- Coffeecakes - Fruit Bread- Herb and Spice Bread- Whole Wheat Bread- Gluten-Free Bread- Nut Bread- Cheese Bread- Sweet Roll- Chocolate Bread There’s nothing than the taste and smell of homemade bread!

Photos and profiles of unconventional homes and the unconventional people who live in them—plus “a wealth of practical advice” for aspiring freedom-seekers (Irish Times). A reclusive designer living in a custom tiny house in the middle of the Montana wilderness. A couple who traded their expensive Bay Area apartment for a slip at a nearby marina, where they live on a docked sailboat. A family of five who decided to simplify their lives by moving into a school bus, selling most of their possessions in the process. Nomad features their stories, and many more. From vanlifers to boondockers, liveaboards to tiny-house dwellers, these freedom seekers have forged a new way of life for themselves—one that values experiences over things, is environmentally conscious, and is often more budget-friendly than their “rooted” lives ever were. The digital era has made working from an Airstream beside a roaring river or running a photography business from a mountaintop a reality for many. This

book shows you how, with tours of 26 unconventional homes and the people who live in them, plus all the information you need to make your own off-the-grid dream a reality. Included are chapters on bathroom and storage—two of the most challenging aspects of this lifestyle—plus a comprehensive guide to finding the right home, assessing the cost of renovation, handy products for small spaces, and indispensable resources (including sources for replacement RV parts, portable power solutions, tiny wood stoves, and much more). “Reddington and Richards did a fair bit of wandering on their own for this book—nine road trips to six countries and 11 US states to find, interview and photograph people who come across not so much as running from something as embracing something else—a life less hectic, less cluttered and less destructively obsessed with online stuff...This is a book that will get you thinking.” —Irish Times “Whether a life on the move is for you, or not, the tips offered by these nomads are valuable lessons to all of us struggling with clutter in the ever more confined spaces of our modern homes.” —The Times (U.K.)

A handbook created for practitioners working in health and well-being who want to build a thriving, sustainable practice, their way. Whether they are new or have been in practice for years, many find marketing and running a business overwhelming. This book simplifies the process and supports practitioners in making the right choices for themselves. By creating their own recipe for their business based on their values, strengths, and the people they help, they can succeed where others fail. Exercises and action points help them move through the process and address any mindset challenges as they go.

This book describes the rapidly emerging role of Nurse Coach - a role that speaks to the heart of nursing, but one that all providers can embrace. Nurse Coaching is all about interaction with clients in a skilled, purposeful, and results-oriented way. This structured, relationship-centered approach by Registered Nurses promotes achievement of client goals. Nurse Coaching is grounded in the principles and core values of professional nursing. Nurse coaching competencies can be integrated into any setting or specialty area of practice. Nurse Coaches establish co-creative partnerships with clients t

The Art & Science of Nurse Coaching

Turning Pro

Integrative Nutrition

Hamilton Beach Bread Machine Cookbook for Beginners

Self-assessments, Exercises & Educational Handouts

The Art of Training Delivery (Second Edition)

Your Holistic Business Recipe

The Ultimate Guide for Wellness Entrepreneurs to Nail Your Niche and Find Clients Online

The follow-up to his bestseller *The War of Art*, *Turning Pro* navigates the passage from the amateur life to a professional practice. "You don't need to take a course or buy a product. All you have to do is change your mind." --Steven Pressfield *TURNING PRO IS FREE, BUT IT'S NOT EASY*. When we turn pro, we give up a life that we may have become extremely comfortable with. We give up a self that we have come to identify with and to call our own. *TURNING PRO IS FREE, BUT IT DEMANDS SACRIFICE*. The passage from amateur to professional is often achieved via an interior odyssey whose trials are survived only at great cost, emotionally, psychologically and spiritually. We pass through a membrane when we turn pro. It's messy and it's scary. We tread in blood when we turn pro. *WHAT WE GET WHEN WE TURN PRO*. What we get when we turn pro is we find our power. We find our will and our voice and we find our self-respect. We become who we always were but had, until then, been afraid to embrace and live out.

Start and grow a durable business in the rapidly growing wellness industry! Wellness has become one of the largest and most important business opportunities of our age, fueled by massive societal trends, rapid technology innovations and hundreds of thousands of wellness business entrepreneurs. It is these independent teachers, trainers, and therapists, and studio, gym, spa and salon owners who transforming shopping malls and downtown districts with wellness experiences that help hundreds of millions of people live healthier, happier lives. Whether your goal is to open a neighborhood wellness business, work independently from home, or launch the next highly successful wellness brand *Building a Wellness Business That Lasts: How to Make a Great Living Doing What You Love* is your definitive guide. This book will teach you how to translate your passion for wellness into a compelling business vision, weave that vision into an effective business plan, and leverage the latest technologies to accelerate your growth. Author Rick Stollmeyer is the Co-Founder and CEO of Mindbody, Inc., the leading technology platform for the wellness industry. Across more than two decades, Rick built Mindbody from a garage startup into a multi-billion-dollar technology platform for the wellness industry, helping thousands of wellness business owners achieve their visions in the process. This experience gave Rick a front-row seat to the explosive growth of the wellness industry. He brings that unique experience and his passion for entrepreneurialism to *Building a Wellness Business That Lasts*. This book will inspire and inform you at the same time and will serve as a powerful guide you can refer back to on your path to success.

Dan Ariely, the New York Times bestselling author of Predictably Irrational, and illustrator Matt R. Trower present a playful graphic novel guide to better decision-making, based on the author's groundbreaking research in behavioral economics, neuroscience, and psychology. The internationally renowned author Dan Ariely is known for his incisive investigations into the messy business of decision-making. Now, in Amazing Decisions, his unique perspective—informed by behavioral economics, neuroscience, and psychology—comes alive in the graphic form. The illustrator Matt R. Trower's playful and expressive artwork captures the lessons of Ariely's groundbreaking research as they explore the essential question: How can we make better decisions? Amazing Decisions follows the narrator, Adam, as he faces the daily barrage of choices and deliberations. He juggles two overlapping—and often contradictory—sets of norms: social norms and market norms. These norms inform our thinking in ways we often don't notice, just as Adam is shadowed by the “market fairy” and the “social fairy,” each compelling him to act in certain ways. Good decision-making, Ariely argues, requires us to identify and evaluate the forces at play under different circumstances, leading to an optimal outcome. Amazing Decisions is a fascinating and entertaining guide to developing skills that will prove invaluable in personal and professional life.

Introduces the author's step-by-step plan for identifying core desires and acting upon them to create successful, satisfying, and more fulfilling lives.

From Client to Clinic Owner

Holistic Nursing

Integrative Wellness Coaching

Successful Strategies for Your Wellness Business

Train the Trainer

Create Your Wellbeing Business from the Inside Out

*Who the F*ck Am I to Be a Coach?!*

How to Be a Health Coach

Nicole Aucoin, Founder and CEO of Healthy Steps Nutrition, did something many people only dream of doing. She left a stable, salaried position as a hospital dietitian to become her own boss. Healthy Steps Nutrition has developed the gold standard for building a nutrition business from the initial stages of launching to scaling a program. As any business start-up, Nicole has faced challenges along the way. However, her passion for changing people's lives through nutrition and exercise kept her from giving up and going back to the comforts of her old job. She evaluated, assessed, and adjusted her approach, and has been able to scale the program to help dietitians and fitness facilities implement nutrition around the world. Nourish: How to Grow Your Nutrition Business from the Ground Up is the story of how Nicole took the small idea of helping people change their lifestyle through proper nutrition into a successful nutrition business. It is the how-to guide for starting a nutrition business from the ground up. Whether you are a registered dietitian or fitness facility owner, this roadmap will lead you to a profitable nutrition program. Nicole's experiences and stories throughout the book will guide you to be a better leader in our own nutrition endeavors.

What makes a training course successful? What is the secret to conducting an effective and memorable training course? What makes a great trainer? Why some training courses are useful, motivating and educational while others are boring and forgettable? This book provides you with a comprehensive set of guidelines on all aspects of training. The methodologies, scenarios and exercises presented in this book will ensure that you, as a trainer, are equipped with all the tools and skills needed to deliver a great training course. At Skills Converged, we specialise in supporting the training community with our state-of-the-art training materials. Over the years we have delivered numerous courses and have received extensive feedback from trainers who have used our products all over the world. We know what makes a training course successful and what makes one fail. In this book, we share our most treasured findings and experiences with you. We want to help you become the best trainer you can be and in turn, train as many people as possible around the world. Research shows that one of the fastest ways to learn is through examples. This book contains a large number of examples, case studies, and important research in the field of adult education for you to employ. Whether you are teaching soft skills, management, IT, technical courses or arts and crafts, you can benefit from this book as the lessons are applicable to teach any topic. This Second Edition has been extensively expanded with several chapters and now includes the entirety of our highly praised Train the Trainer Self-Study Course. In this book you will learn: - How to get the most from your training courses - How to avoid barriers to learning - How to take advantage of principles of Accelerated Learning - How to conduct a Training Needs Analysis - How to present confidently - How to avoid bad training delivery practices - How to plan your course - How to arrange the training environment optimally - How to keep the delegates constantly engaged - How to respond when you are being challenged - How to avoid poor statements that can hinder learning - How to take advantage of the power of story-telling - How to run training exercises to get the most from them

The award-winning New York Times bestselling author of the New Fat Flush series is back with a foolproof way to melt fat faster than ever Go beyond Keto and Paleo with Radical Metabolism, which reveals the secrets to reviving a sluggish over-40 metabolism--secrets that work even faster if you're in your 20s and 30s, or you suffer from thyroid issues. No matter

your age, if you're a "slow loser" who wants to speed off stubborn pounds and keep those pounds off for good, then this book is for you. Inside Radical Metabolism you'll discover which "forbidden fats," forgotten flavors, and fat-busting beverages you must eat and drink in order to supercharge your metabolism--making weight loss easier than ever before. But weight loss is just the beginning. With this easy-to-follow program you'll also enjoy greater energy, balanced mood, healthier skin, and protection against autoimmunity, gallbladder issues, type II diabetes, and other devastating health problems. A breeze to use, the Radical Metabolism program consists of: a 4-day Radical Intensive Cleanse designed to rest your digestive tract and detoxify your body a 21-Day Radical Reboot where you'll learn exactly what combinations of foods to eat for results you can feel and see a Maintenance Plan for a radically healthy life With menu plans, 50 sumptuous recipes, an extensive resource section, Radical Metabolism has everything you need to supercharge your metabolism and transform your body into a fat-burning dynamo in just 21 days.

After a disaster destroyed nearly everything Maddie Brooks owned, Trey Walker offered the petite redhead shelter at 2 Hope Ranch. A veterinarian, Maddie was smart, sexy, and good with animals... Impossible to resist, yet Trey is convinced he is cursed when it comes to women. The temporary arrangement Maddie made with Trey was supposed to be strictly business. Easy since Maddie had tried and failed to catch the handsome cowboy's eye for a year. She thought she was so over him...until he kissed her.

Tap Your Inner Power and Create Your Life's Work

The HeART of Laser-Focused Coaching: A Revolutionary Approach to Masterful Coaching
Wellpreneur Planner

The Best, Easy, Gluten-Free and Foolproof Recipes for Your Hamilton Beach Bread Machine
Change Maker

Amazing Decisions

An Integrative Wellness Approach

The Art of Implementation

The Wellpreneur Planner is a marketing workbook and yearly planner, especially for wellness entrepreneurs who want to grow their businesses online. If you sell products or services in wellness, nutrition, fitness or holistic health, and you want to reach more clients through online marketing, this planner will help! No need to wait until January

You are more than your body, an assortment of parts. The holistic approach treats your mind, body, and soul as one unit. A holistic nurse treats their patients not just as another case or a regular diagnosis. Instead, a Holistic Nurse will customize her/his approach based the patient. This approach is more comprehensive and it simply works. In this book, you will learn about holistic nursing - its purpose, the research behind it, spirituality and more. Patients look forward to holistic nursing and the nurses are specifically trained for this purpose. A patient goes to a health care centers looking for a complete cure, not just a medical diagnosis and quick fix to their problem. Holistic Nurses are the best equipped to deal with such a patient's needs. Through Holistic Nursing, the patient becomes a part of the nurse's identity and they are offered more than just medical care. Patients need someone to guide them through their illness, to listen to their grievances, to offer care, a supportive hand, to understand their mental health, to soothe their anxieties and to associate with. Holistic nursing is the answer. This book covers: 1.What is holistic nursing? 2.The Key Principles of Holistic nursing 3.Holistic Healing- How it works? 4.Holism and Holistic Nursing. 5.Self Care with Holistic Nursing. 6.Holistic communication - Creating a therapeutic environment. 7.The science and the theory behind holistic and human caring. 8.Healing the Transpersonal self. 9.The purpose of Holistic nursing. 10.Enhanced Listening. 11.Psychophysiology of healing the body and mind. 12.Health and Spirituality. 13.Holistic Nursing and Spirituality. 14.Energetic Healing through Holistic Nursing. 15.The Power of Smell- Nursing through Aromatherapy. 16.Communication- Therapeutic form of Holistic Nursing. 17.The Holistic Nursing and Caring Process.

Functional Medicine Coaching contains inspirational stories that describe the personal transformations and journeys toward physical health and well-being as a result of working with a health coach. Both aspiring coaches and those already working in the field will learn the power of combining the principles of Functional Medicine with positive psychology coaching. The powerful blending of these two approaches addresses what individual need to thrive. Anyone with a passion for helping others should consider entering the rapidly exploding fields of health coaching and specializing in Functional Medicine coaching.

Why isn't your coaching business thriving? Why are you feeling so damn stuck? This book is the missing link to turning your calling into a thriving business. What would it be like to finally understand why you're not making money and to know how to stop doubting yourself? You can become a wildly successful coach on your own terms. It's time to stop asking, "Who the f*ck am I to do this work? " I've shown hundreds of warrior coaches how to serve clients, make a difference, and make a living - all while staying true to themselves. I've built a successful and profitable coaching business without torturing myself or following someone else's blueprint, and so can you. Your future clients are counting on you In this book, you'll learn: Why many new coaches fail to create a sustainable and profitable business. The inside-out approach to finding and enrolling clients who are dying to work with you. How to price your coaching in a way that is abundant, sustainable, and honorable. Why joy, inspiration, and grace are critical to your business strategy. How to step courageously into the coach you were born to be... right now

The Healing Self

Clinician to Coach

Nourish

The Decoded Company

A Whole-Life Approach to Health and Happiness

The Illustrated Guide to Improving Business Deals and Family Meals

How to Make a Great Living Doing What You Love

Secrets to Building Your Successful Health Coach Practice

Reproducible self-assessments, exercises, journaling activities, and educational handouts created for therapists, psychologists and other helping professionals to help clients deal with personal and intimate relationships.

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.

Heal yourself from the inside out Our immune systems can no longer be taken for granted. Current trends in public healthcare are disturbing: our increased air travel allows newly mutated bacteria and viruses to spread across the globe, antibiotic-resistant strains of bacteria outstrip the new drugs that are meant to fight them, deaths due to hospital-acquired infections are increasing, and the childhood vaccinations of our aging population are losing their effectiveness. Now more than ever, our well-being is at a dangerous crossroad. But there is hope, and the solution lies within ourselves. The Healing Self is the new breakthrough book in self-care by bestselling author and leader in integrative medicine Deepak Chopra and Harvard neuroscientist Rudolph E Tanzi. They argue that the brain possesses its own lymphatic system, meaning it is also tied into the body's general immune system. Based on this brand new discovery, they offer new ways of increasing the body's immune system by stimulating the brain and our genes, and through this they help us fight off illness and disease. Combined with new facts about the gut microbiome and lifestyle changes, diet and stress reduction, there is no doubt that this ground-breaking work will have an important effect on your immune system.

This wise and accessible guide offers a blueprint for practitioners just starting out with their wellness business, as well as guidance for more seasoned practitioners who want to build their client base and need additional tools to help them make a living with their passion. Deborah Flanagan offers practitioners real-world advice: how to find clients in person and online, how to market to their ideal client base (even for those practitioners that think they don't like marketing), and how to put together creative packages and promotions. She makes recommendations on avoiding burnout, dealing with potential client challenges, and building confidence as a practitioner. Deborah also advises on how to make a smooth career transition and find office space, tools, and professional services that can grow with a practice. The book also addresses the behind-the-scenes components of running a business, such as creating a home office and handling administrative and financial tasks. A free online Business Starter Kit offers practical and easy-to-use templates practitioners can follow to manage client data, build an electronic mailing list, and keep track of income and expenses. In clear, digestible prose seasoned with good humor, Deborah Flanagan shares practical inspiration gleaned from her own experiences as she built her practice from the ground up, plus advice from other accomplished practitioners and teachers. Geared toward practitioners of a range of wellness services including hypnosis, reflexology, Reiki, polarity, cranial sacral, Thai massage, Shiatsu, acupuncture, rolfing, astrology, and massage, Building a Powerful Practice enables practitioners to master the fundamental challenges of a wellness business with ease, so they can focus on the work they love: helping clients heal.

The Adrenal Thyroid Revolution

Taming the Texas Cowboy

Wellness Coaching for Lasting Lifestyle Change

Wellpreneur

Building a Wellness Business That Lasts

Designing a Home for Escape and Adventure

A Year of Incredible Growth for Your Wellness Business

How to Incorporate Wellness Coaching into Your Therapeutic Practice

THE ANGELS WITHIN US shows how to pinpoint your own trouble spots, discover which angel waits beyond reach, and ask it for guidance. In a step-by-step process that includes meditations, practical exercises, and examples of angelic conversations experienced by the author and others, you will meet the Angel of Unconditional Love and Freedom, catalyst of all angels. You will then learn about the twenty-one other angels whose energies are attuned to such realms as: Illusion and Reality; Creative Wisdom; Abundance; Power and Authority, and more. THE ANGELS WITHIN US guides you to that exalted and natural existence where you can be as cosmically whole, vibrant, strong, and free as you were created

to be.

Wellness coaching is an emerging and vibrant area of healthcare. It takes healing beyond the curing of symptoms and empowers clients to take their health back into their own hands. This book provides therapists with the knowledge and skills to rejuvenate their therapeutic practice by incorporating wellness coaching techniques into their range of services. Laurel Alexander redefines wellness as an integrated lifestyle and mindset process and shows that wellness coaching can be a profound and practical way to help clients make meaningful changes to their health and outlook. The book offers a wellness coaching toolbox, explaining key skills such as how to create an organic personal wellness plan, how to build client rapport and give constructive feedback, and how to apply different coaching models effectively. Practical steps and examples make it easy for any therapist or counsellor to pick up the reins of wellness coaching for themselves. Exciting new developments such as wellness diagnostic services, preventative healthcare, customised treatments and DIY healthcare are explored. With shrewd advice and useful insights, this book is an essential resource for complementary therapists and counsellors looking to update their existing practice and tap into the rapidly expanding wellness market.

Nutritionist in Private Practice is a must have resource for the registered dietitian, nutrition student, dietetic intern, nutritionist or health coach who someday dreams of having their own business. Get the inside story of what it took for one nutritionist to leave behind the 40 hour work week and salaried paycheck to transition into self employment. The mysterious world of private practice that is not typically part of nutrition curriculum is unveiled through the perspective of one person who has successfully made the transition and built a nutrition business using her own resources. Popular topics such as whether or not to take insurance, having a website, developing programs, networking and marketing and balancing responsibilities of everyday life are discussed in honest detail as the author takes you through her journey in the first year on her own. The writing style is conversation and frank, providing a glimpse into the life of a real person entering the world of entrepreneurship. The reader is provided with a tale of human experience rather than just a handbook of instructions.

What would it mean for your coaching if you got right to the heart of the matter - every time? You can. Learn rarely taught tips and concepts that will immediately elevate your coaching while avoiding the common pitfalls. New and experienced coaches alike will benefit greatly from the detailed strategies and wisdom shared from Marion's years of experience. -Cheryl Richardson, NYTimes Bestselling author of Take Time for Your Life Marion Franklin, the Coach's Coach, has been training and mentoring coaches for more than 20 years. Every student she has mentored or taught who sought ACC, PCC, or MCC has gotten their credential using the material in this book designed for all levels of coaches. No matter where you are in your coaching journey, this book has something for you. This book is different because it: Includes brilliant tools for beginner-to-seasoned coaches Offers advanced techniques for developing powerful questions without any lists Provides principles of human behavior that help you quickly identify what's really going on Contains the 25 Themes that underlie every coaching situation and make coaching and questioning much simpler Shares a step-by-step, easy to follow, way to create a shift in perspective Presents 17 strategies that clients unknowingly use that actually work against, not for them Begin using even one or two of the concepts and principles in this book and notice your coaching immediately elevate to a new level. Your clients will notice the difference You will experience this innovative approach to masterful coaching with two full laser-coaching sessions with commentary - much like eavesdropping in on the mind of a master coach. Marion shares unprecedented concepts that will help new coaches and even the most experienced coaches gain new insights and ideas, including a deeper understanding of what they already know. Automatically improve your coaching by applying one rarely known principle. Never feel stuck around what question to ask. Feel more confident by quickly identifying what's really going on. Know exactly what to listen for in every conversation. Discover a simple "2 inquiry" approach that instantly enables you to deepen your curiosity. This book will not only boost your confidence and mastery as a coach, it will enable you to produce sustained results for your clients. I designed this book to not only show you what laser-focused coaching looks, sounds, and feels like, but to show you HOW TO coach for permanent, life-altering change. When using the Laser-Focused approach, you'll be able to: avoid getting seduced by the story ask questions that get right to the heart of the matter have the client do all of the summary know how to create the shift and what to do afterwards recognize the client's underlying pattern and know how to address it and so much more The HeART of Laser-Focused Coaching -- A revolutionary, unprecedented approach makes coaching easier while also enhancing your ability to help clients create deep and profound change. Transform your coaching into something so powerful and life-changing that your coaching consistently flows and becomes effortless.

How to Do Things You've Always Wanted to Do