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Put Me in Coach: I'm Ready to Live

By Barbara Fralinger

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Taschenbuch. Book Condition: Neu. 220x150x6 mm. This item is printed on demand - Print on Demand Neuware - While most specialists in the health field employ medical and psychological strategies (i.e., cognitive behavioral therapy, medication, biofeedback) to address and improve the quality of life of individuals suffering from stress, depression, addictions, etc., life coaches/personal development experts use alternative techniques to address these issues. To date, no published studies have researched the long-term outcome effects of life coaching on the state of well-being of individuals struggling with physical, emotional, social, or occupational challenges. Therefore, this book explores the techniques used by personal development expert and life strategist Mr. Joseph White in an effort to examine the effects of these methods on the lives of individuals who took part in his seminars and one-on-one sessions. It is anticipated that the information obtained will help those seeking personal and professional growth, relationships, improved quality of life, or help for addictions and trauma make informed decisions about existing treatment options. 92 pp. Englisch.



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