



DIY Health Coaching Kit: Fifty-Two Steps to Self-Guided Wellness

Beth Anderson

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The term “health coach” dates back to at least 1990, and, since that time, millions of lives have been changed for the better because of the guidance provided by the caring, compassionate, and determined people of this profession.

But there is a cost associated with using a health coach, and it’s not just financial. Clients must also invest time and be able to work according to a collaborative schedule—and, unfortunately, this is something many of us simply cannot afford in our busy lifestyles.

DIY Health Coaching Kit is a must-have for anyone who wants the help of a health coach but doesn’t have time to squeeze in appointments. Comprised of fifty-two coaching sessions, a workbook, and over one hundred healthy recipes, it provides a complete coaching program that enables you to “do it yourself” and become your own health coach.

The program is simple, straightforward, and easy-to-follow—and, it’s designed so that you can do it on your own, at your own pace, according to your own schedule. As you work through the steps, you’ll learn how to better reach your goals and make healthier choices, and you’ll be empowered with information on a variety of important health-related topics.

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