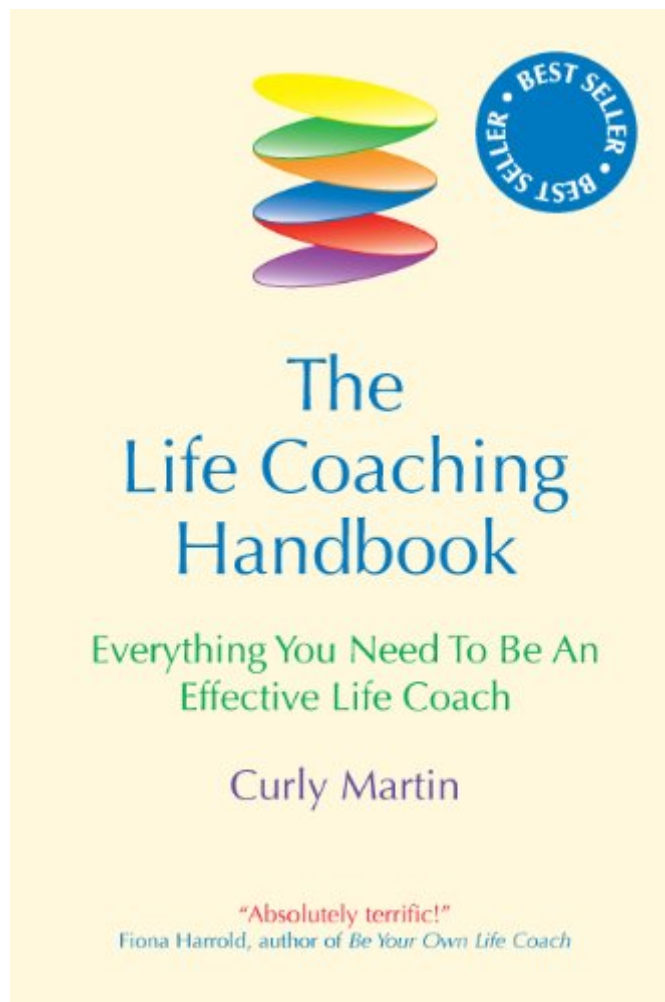


# The Life Coaching Handbook PDF



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The Life Coaching Handbook by Curly Martin ISBN 1899836713

If you are considering life coaching as a career, this book provides a guide to creating and sustaining your practice, a resource for coaching yourself towards a more fulfilled life, and a reference and companion designed to serve you through your professional life. It sets out to promote a thorough understanding of what life coaching entails and to lead you through a course of applied neuro-linguistic programming techniques and exercises aimed at improving your coaching abilities. These include state control, rapport-building, metaphor, meta-programs, and meta-languages. The book also introduces the spiral coaching model, a new coaching tool that identifies and utilises people's thinking patterns.

## **The Life Coaching Handbook Review**

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