



ANWCB Health Coaching Exam Support

Books:

- * Biology of Belief – Bruce Lipton, PhD
 - * Boundaries at Work - Henry Cloud
 - * Evidence Based Coaching Handbook - Dianne R. Stober and Anthony M. Grant
 - * 7 Habits of Highly Effective People - Stephen Covey
 - * Anatomy, Physiology, and Disease - Foundations for the Health Professions - Deborah Roiger and Nia Bullock
 - * Anatomy & Physiology: The Unity of Form and Function - Kenneth Saladin
 - * CoActive Coaching – Laura Whitworth, Karen & Henry Kimsey-House and Phillip Sandahl
 - * Modern Nutrition in Health and Disease – A. Catherine Ross, Benjamin Caballero, M.D., Robert J Cousins, Katherine L Tucker, Thomas R Ziegler
 - * The Stress-Proof Brain - Melanie Greenberg
 - * Get out of your own way - Mark Goulston
- Essentials of Anatomy & Physiology – Valerie Scanlon and Tina Sanders
- Success Principles – Jack Canfield
- Clinically Oriented Anatomy – Kenneth L Moore and Arthur F Dalley
- The Coaching Habit - Michael Bungay Stanier
- The Science of Nutrition – Janice L Thompson, Melinda M Manore, Linda Vaughan
- Healing Your Emotional Self - Beverly Engel

The Power of Now - Eckhart Tolle

The Sleep Revolution - Arianna Huffington

Effective Group coaching - Jennifer Britton

Coaching Questions: A Coach's Guide to Powerful Asking Skills - Tony Stoltzfus

It Starts with Food - Dallas & Melissa Hartwig

The Whole Foods Diet - John Mackey

* All resources with an asterisk are considered top priority

Other:

Marketing questions: www.julienedesjardins.com,
www.marketingforhealthcoaches.com, www.juliazaslow.com

Safe Language: www.nutritionadvocacy.org, www.theana.org,
www.holisticcouncil.org, www.hhs.gov

Labs/Supplement questions: www.yourlabwork.com, www.labtestsonline.org,
www.dutchtest.com

Boundaries in working with clients: www.Drcloud.com,
www.thecoachingtoolscompany.com, www.positivepsychology.com

Hormones: www.thyroid.org, www.endocrineweb.com,
www.metabolicaffect.com, www.robbwolf.com

Health: www.thesleepdoctor.com, www.nikigratrix.com, www.chriskresser.com,
www.zenhabits.net, www.selfgrowth.com, www.westonaprice.org,
www.stress.org, www.doyouyoga.com, www.paidtoexist.com,
www.psychcentral.com, www.nifplay.org, www.mindbodygreen.com,
www.medicalnewstoday.com, www.mercola.com, www.mayoclinic.com,
www.medlineplus.com, www.cholesterolclarity.com, www.verywell.com,
www.ancestral-nutrition.com, www.balancedbites.com, www.medicinenet.com,
www.healthline.com, www.functionalmedicineuniversity.com

Goals & motivations: www.coachingpositiveperformance.com,
www.postitivepsychology.com, www.mindtools.com, www.success.com

Client intake forms, disclaimers, legalities, insurance:

www.samvanderwielen.com, www.lisafraley.com, www.legalzoom.com,
www.everythinghealthcoach.com, www.howtostartanllc.com,
www.blog.marketresearch.com

Coaching: www.Instituteofcoaching.org, www.thecoachingtoolscompany.com,
www.positivepsychology.com, www.wellnessprofessionalsatwork.com,
www.theopsauthority.com, <https://coachfederation.org/blog>

Setting up/working in client sessions: www.entrepreneur.com,
www.instituteforfunctionalhealthcoaching.com, www.wellcoach.com,
www.healthcoachsolutions.net, www.positivepsychology.com,
www.coactive.com, www.thecoachingtoolscompany.com, www.zoom.us,
www.inc.com, www.consultantjournal.com

Mindset: <https://hbr.org/2016/01/what-having-a-growth-mindset-actually-means>

Emotional Intelligence: <http://www.danielgoleman.info/>