



AANWC Life Coach Exam Support

Books:

The Genius in all of us - David Shenk

The Brain that Changes Itself – Norman Doidge, PhD

The Brain’s Way of Healing – Norman Doidge PhD

Rewire your Brain – John B. Arden, PhD

Biology of Belief – Bruce Lipton

Self Science - Mandy Wintink, PhD

The Body Keeps the Score - Bessel VanDerKolk

Becoming Supernatural - Joe Dispenza (not sure I have any questions specific to what’s in this book?)

The New Psychology of Success - Carol Dweck

Brainspotting - David Grand Ph.D.

Becoming a Professional Life Coach – Patrick Williams & Diane S. Menendez

Success Principles – Jack Canfield

The Coaching Habit – Michael Bungay Stanier

Appreciate Coaching – Sara L. Orem, Jacqueline Binkert and Ann L. Clancy

10 steps to Successful Coaching – Sophie Oberstein

Articles:

<https://www.lifecoachcertification.com/free-learning-center/essential-skills-for-life-coaches>

<https://www.rockymountainbrainspottinginstitute.com/uncertainty-principle>

<https://themovementparadigm.com/how-to-map-your-own-nervous-sytem-the-polyvagal-theory/>

http://www.lifecoaching4u.eu/life_coaching_history.htm