

christian health and wellness coach

Finding Wholeness: Your Guide to a Christian Health and Wellness Coach

Are you feeling overwhelmed by the demands of life, struggling to balance your faith with your physical and mental well-being? Do you yearn for a holistic approach to health that integrates your spiritual journey with your physical health goals? Then you might benefit from working with a Christian health and wellness coach. This comprehensive guide will explore what a Christian health and wellness coach is, what they offer, how to find the right one for you, and the benefits you can expect on your journey to a healthier, more fulfilling life.

What is a Christian Health and Wellness Coach?

A Christian health and wellness coach is a professional who combines faith-based principles with evidence-based health and wellness strategies to guide individuals on their personal journey towards wholeness. Unlike traditional coaches who may focus solely on physical fitness or nutrition, a Christian coach incorporates spiritual elements, prayer, and biblical principles into their approach. This holistic perspective acknowledges the interconnectedness of mind, body, and spirit, recognizing that true well-being encompasses all three. They provide support, accountability, and guidance to help you achieve your health goals while aligning your life with your faith.

How Does a Christian Health and Wellness Coach Differ from Other Coaches?

The key differentiator lies in the integration of faith. While other health and wellness coaches might utilize motivational techniques and goal-setting strategies, a Christian coach will incorporate scripture, prayer, and spiritual practices into the coaching process. They'll help you explore your relationship with God and how your faith can strengthen your commitment to healthy habits. This approach offers a unique perspective, viewing challenges not just as obstacles, but as opportunities for spiritual growth and a deeper connection with God. They understand the spiritual battles we face and can help you navigate those alongside your physical and mental health goals.

What Services Does a Christian Health and Wellness Coach Offer?

The specific services offered can vary between coaches, but many commonly include:

Personalized Goal Setting: Collaborative goal setting that aligns with your faith and values, creating achievable steps towards holistic wellness.

Nutritional Guidance: Guidance on developing a healthy eating plan that respects individual dietary needs and preferences, often incorporating principles of mindful eating and gratitude for God's provision.

Fitness Planning: Developing a sustainable exercise plan that considers your current fitness level and incorporates physical activity as an act of self-care and stewardship of your body, a temple of the Holy Spirit.

Stress Management Techniques: Teaching effective stress management techniques like mindfulness, meditation, and prayer, recognizing the importance of spiritual practices in managing stress and anxiety.

Spiritual Guidance and Accountability: Providing spiritual support, prayer, and accountability to help you integrate your faith into your wellness journey and overcome spiritual obstacles that hinder progress.

Mindset Coaching: Helping you cultivate a positive and faith-filled mindset, focusing on gratitude, forgiveness, and self-compassion.

Finding the Right Christian Health and Wellness Coach for You:

Finding the right coach is crucial for success. Consider these factors when searching:

Credentials and Experience: Look for coaches with relevant certifications in health and wellness coaching, as well as experience working with clients who share your faith.

Coaching Style: Different coaches have different styles. Some are more directive, while others are more collaborative. Find a coach whose style resonates with your personality and preferences.

Testimonials and Reviews: Read testimonials and reviews from past clients to get a sense of their experience and the coach's effectiveness.

Initial Consultation: Many coaches offer free consultations. Use this opportunity to ask questions, discuss your goals, and determine if there's a good fit.

Prayer and Intuition: Trust your intuition and seek guidance through prayer to ensure you're selecting a coach who aligns with your spiritual values and will be a positive influence on your journey.

The Benefits of Working with a Christian Health and Wellness Coach:

Working with a Christian health and wellness coach offers numerous benefits:

Holistic Approach: Addresses all aspects of well-being – physical, mental, and spiritual – for a more integrated and sustainable approach to health.

Faith-Based Support: Provides encouragement and accountability within a faith-based framework, fostering a strong sense of community and support.

Personalized Guidance: Creates a tailored plan that considers individual needs, preferences, and spiritual beliefs.

Increased Accountability: Offers consistent support and encouragement to help maintain healthy habits and achieve long-term goals.

Improved Mental and Emotional Well-being: Addresses the spiritual roots of stress, anxiety, and depression, promoting emotional resilience and peace of mind.

Sustainable Lifestyle Changes: Focuses on creating long-term, sustainable changes rather than quick fixes, promoting lasting health and well-being.

Conclusion: Embracing Wholeness Through Faith and Wellness

Embarking on a journey towards holistic health with a Christian health and wellness coach can be a transformative experience. By integrating faith-based principles with evidence-based strategies, you can achieve sustainable lifestyle changes that nourish your body, mind, and spirit. Remember to prayerfully consider your options, find a coach who aligns with your values, and embrace the journey towards a more fulfilling and God-honoring life.

Frequently Asked Questions (FAQs)

Q1: How much does a Christian health and wellness coach cost?

A1: The cost varies widely depending on the coach's experience, location, and the services offered. It's best to contact potential coaches directly to inquire about their fees and payment plans.

Q2: Do I need a doctor's referral to work with a Christian health and wellness coach?

A2: No, you don't typically need a doctor's referral to work with a health and wellness coach. However, it's always wise to discuss your health goals and any pre-existing conditions with your physician before starting any new health and wellness program.

Q3: How long does it typically take to see results?

A3: The timeframe for seeing results varies depending on individual goals, commitment, and the nature of the challenges being addressed. Consistency and dedication are key to achieving lasting change.

Q4: Can a Christian health and wellness coach help with specific conditions like anxiety or depression?

A4: While a coach cannot replace therapy or medical treatment, they can offer valuable support and tools for managing stress, anxiety, and depression within a faith-based framework. They often work collaboratively with therapists and medical professionals.

Q5: What if I don't live near a Christian health and wellness coach?

A5: Many coaches offer online coaching sessions, making their services accessible regardless of geographic location. This allows you to connect with a coach who resonates with you, regardless of distance.

christian health and wellness coach: The Wellness Revelation Alisa Keeton, 2017-08-08
What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In *The Wellness Revelation*, certified fitness professional Alisa Keeton will challenge you to get fit with

God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. The Wellness Revelation will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

christian health and wellness coach: Christian Paths to Health and Wellness Peter Walters, John Byl, 2021 Christian Paths to Health and Wellness, Third Edition, is a faith-based text that helps students explore and apply key concepts of holistic health and wellness. A new web study guide assists students in retaining and using what they learn.

christian health and wellness coach: Scripture Yoga: 21 Bible Lessons for Christian Yoga Classes Susan Neal, 2016-11-15 This book assists Christian yoga instructors and students in creating a Christian atmosphere for their classes. Choose from twenty-one lessons, each is a mini Bible study that will deepen the participants' walk with God. Each lesson contains a Scripture theme designed to facilitate meditation on God's Word. The Scripture verses are arranged progressively to facilitate an understanding of each Bible study topic. The Bible lessons will enhance the spiritual depth of your yoga class, and make it appropriate and desirable for Christian participants. Check your poses with photographs of over 60 yoga postures taken on the sugar white sands of the Emerald Coast of Florida. A detailed description of each pose is provided with full page photographs so postures are easily seen and replicated. Scripture Yoga is a useful tool for teachers and students of Christian Yoga, written by an experienced instructor. Specific Bible verses are suggested, along with clear instructions, and beautiful photographs illustrating each pose. It is quite clear that users will discover their bodies as 'temples of the Holy Spirit' (1 Corinthians 6:15) under Susan Neal's wise tutelage. -THE REVERAND NANCY ROTH, author of Invitation to Christian Yoga

christian health and wellness coach: Wellness for the Glory of God John Dunlop, 2014 This book encourages older Christians to embrace aging as a gift from God, incorporating the physical, mental, social, financial, spiritual, and emotional aspects of a person's life into a holistic definition of wellness.

christian health and wellness coach: The Christian's Guide to Holistic Health David Sandstrom ND, 2019-02-28 Perhaps you've seen several doctors and not found a solution to your health challenges. Now, you're ready to take greater responsibility for your health, and you're looking for some answers. The trouble is, embracing a natural, and holistic lifestyle can be rewarding, and overwhelming at the same time. There's plenty of information out there, but whom do you trust? Many experts claim to be "holistic." However, when it comes to matters of the mind and the spirit, most resources come up short. Using Biblical truths, The Christian's Guide to Holistic Health helps you navigate the complexities of whole-person health. A genuinely holistic health model addresses not only the physical but the mental/emotional and the spiritual aspects of the human condition. If we want to reach our full health potential, we must address the whole person—body, mind, and spirit effectively. David uses his gift for teaching and brings a balanced view of science and scripture. He avoids extremes in theology, tackles complicated subjects, and makes them easy to read and understand. Whether you have a serious condition and need a breakthrough, or simply want to maintain your health, you'll find this information useful. This book puts you on the fast track to vibrant health, and vitality.

christian health and wellness coach: The Race Before Us Bruce H. Matson, 2013-09-03 Turning 50 years old and facing some of life's biggest questions are daunting challenges. A crisis of faith and crisis of health lead towards significant changes in one's life. For Bruce Matson, a family man with a successful law practice, the struggles of health and doubt led to action. Combining to podcasts from notable Christian leaders Ravi Zacharias, Allistair Begg, and Tim Keller, careful research and preparation, and encouragement from family and friends, Bruce ran his race for physical and spiritual health. The Race Before Us by Bruce Matson is a wonderful memoir detailing

the path of doubt to faith and spiritual malaise to running with God. Come alongside Bruce as he navigates the windy roads of faith and health in his pursuit of physical and spiritual well-being.

christian health and wellness coach: *Weight-Loss Hero* Christine Carter, 2020-04-21

Discover the many benefits to the ketogenic diet beyond weight loss—including reduced anxiety, minimized depression, and even a reduction or elimination of prescription medications. In *Weight-Loss Hero*, wildly popular health coach Christine Carter shares her story of leaving behind roller-coaster dieting and losing more than 150 pounds by first changing the way she thought about weight and her own worth. By teaching us how to nourish our minds so we can properly nourish our bodies, Christine provides a sustainable path to a fully integrated healthy low-carb lifestyle. Features include: More than 50 original recipes with photos Inspiring workout tips Practical ways to incorporate a healthy keto diet into your life Keto-friendly grocery lists Recommended keto-friendly meals at popular restaurants Christine uses her personal stories of overcoming failure to encourage us as only the best coaches can. With almost 300,000 Instagram followers and features in *Shape*, *Fitness*, *Popsugar.com*, and *TODAY.com*, Christine already has enthusiastic fans around the world. As she reminds us, when it comes to healthy living, weight loss doesn't begin with a new diet or exercise plan. It begins in the mind.

christian health and wellness coach: *Wellness Coaching for Lasting Lifestyle Change* Michael Arloski, 2014 Arloski blends the wisdom of the wellness field with the proven processes of the coaching profession to create an easy-to-use training tool. The result is the perfect training tool for wellness professionals of all kinds: disease management professionals, professional coaches, EAP professionals, counselors, and therapists.

christian health and wellness coach: *A Coach for Christ* La Vonne Earl, 2021-03-05 “Proven strategies to help one gain the rapport necessary to lead anyone to the Lord” (Brian Simmons, *The Passion Translation*). Often people don’t understand how to gain the empathy necessary to lead others, *A Coach for Christ* solves that problem. In it, believers discover how to relate to others so they can lead them on the right path. It is a great resource for parents desiring to help their children get into a true relationship with Jesus and transform their lives. With *A Coach for Christ*, believers learn the proper communication tools to help others listen to what they have to say. Once accomplished, believers will notice others are being drawn to them as they learn how to bless them in a way that satiates their true desires. *A Coach for Christ* is very innovative and unique in its approach to bring others into a saving relationship with the Lord. No longer will people be turned off by Christian dialogue as believers will discover new tools that work. In *A Coach for Christ*, believers will gain: Proven strategies to help one gain the rapport necessary to lead anyone to the Lord Secular tools with a Biblical foundation to help bring others to the Lord Solid Biblical truth with real tools to help train disciples to bring others to the Lord An understanding of others and the ability to relate to ALL people in order to lead A new inner narration that brings peace and love “La Vonne’s Christ-centered coaching method brings wholeness through biblical based tools to transform our body, mind, and spirit through the Holy Spirit. Through these practices our true godly identity is revealed. She will help you to experience a healthy and blessed LIFE through coming to know Jesus our number one LIFE COACH!” —Rev. Julie Scott, founder of South Pacific Women Empowered Ministry “A fabulous book! La Vonne Earl has written a clear, well-organized guide to assist in gaining confidence as a life coach, or for anyone wanting to speak truth into their own lives or the lives of others.” —Ginger Lehr, certified professional coach

christian health and wellness coach: *Weight Loss, God's Way: Low-Carb Cookbook and 21-Day Meal Plan* Cathy Morenzie, 2020-09 Over 60 mouth-watering recipes to help you develop healthy eating habits for life. This isn't just a cookbook, it's a full plan to start you on a journey to life-long healthy eating by getting back to God-created whole foods and sensible eating the way we were designed to eat foods.

christian health and wellness coach: *The Holistic Christian Woman* Cynthia Damaskos, 2015-03-29 Is there such a thing as a Holistic Christian Woman? Of course! God created us beautifully holistic! So often, holistic health and healing are associated with new age ideas or

Eastern philosophies, rather than the Judeo-Christian faith. This is unfortunate in that it can lead many women on a detour of faith during their quest for health and wellness. Based on the Fruit of the Spirit in Galatians 5:22-23, *The Holistic Christian Woman* takes you through a 10-week journey that will get you on track for a Spiritually, Emotionally and Physically healthy life. This uplifting and inspirational book can be used as an individual study, or within a group setting. It arms you with knowledge to make choices that can prevent and even turn disease around. Let this book be your guide to heal the heart, mind, soul, and body!

christian health and wellness coach: Faith-Based Fitness Kenneth H. Cooper, 1997 The medical program that uses spiritual motivation to achieve maximum health and add years to your life.

christian health and wellness coach: **Healthy Eating, God's Way** Cathy Morenzie, 2021-06-15 Looking for the best weight loss diet book, again, when really it's your food addiction and emotional eating that's stopping you from losing weight and keeping it off? *Healthy Eating, God's Way* is a Christian weight loss book and daily devotional / bible study for women that provides the biblical tools you need to eat healthily and lose weight. Cathy Morenzie is an award-winning author, international speaker, and Christian weight loss coach who has empowered hundreds of thousands of women to transform their bodies by embracing their true identity in God and harnessing the power of His Word. *Healthy Eating, God's Way* is the latest addition to Cathy's celebrated series of *Healthy by Design* weight loss devotionals for women. In this powerful faith-based weight loss motivation book, Cathy will help you achieve your health goals by showing you how to transform your relationship with food and finally start eating the way God created you to. Over 28 life-changing days, you will discover how to: Make sense of what your cravings really mean Understand what scripture actually says about food Develop an actionable, bible-based plan for healthy weight loss Adopt (and maintain) healthy eating habits And more. In this transformational women's devotional book and Christian weight loss bible study, Cathy will guide you through: Inspiring scriptures related to losing weight and healthy living for women Engaging devotions that will both comfort and challenge you Simple steps you can take to propel yourself forward on your weight loss journey An impactful opportunity for guided prayer and journaling AND Bonus scriptures that will help you gain a greater understanding of God's will for your health and body. Alongside this devotional, Cathy will also offer you these exclusive bonus resources: An easy-to-use weekly meal plan template that you can use to fast-track your weight loss journey A healthy eating checklist that will help you to feel confident in your food choices every day A printable healthy eating journal that will allow you to track your progress, celebrate your successes, and stay committed to your goals Cathy's popular guide *3 Steps to Overcoming Emotional Eating* that will reveal how to reverse impulsive eating habits and turn your needs over to God instead. In *Healthy Eating, God's Way*, you will be equipped with proven practical strategies for weight loss, as well as powerful spiritual tools for inviting God into your personal transformation and dramatically increasing your chances of success. If you're ready to find freedom from unhealthy eating habits and finally enjoy a healthy, God-given relationship with food, this book is for you. About the Author Cathy Morenzie has been a leader in the health and wellness industry for over 30 years. She once struggled with emotional eating herself, but experienced a powerful breakthrough when she realized that the answer to her problems lay in 'faith, not food'! Now, Cathy's life mission is to equip millions to live a healthy lifestyle by helping them to rediscover their true identity in Christ. Other *Healthy by Design* books by Cathy Morenzie *Weight Loss, God's Way: The Proven 21-Day Weight Loss Devotional Bible Study* *Weight Loss, God's Way: Low-Carb Cookbook and 21-Day Meal Plan* *Pray Powerfully, Lose Weight: 21 Days of Short Prayers, Declarations, Scriptures, and Quotes for a Healthy Body, Spirit, and Soul* *Love God, Lose Weight: Freedom from Emotional Eating, Overeating, and Self-Sabotage* by Accepting God's Love *Get Active, God's Way: Lose Weight, Learn to Love Exercise, and Glorify God with Your Body*

christian health and wellness coach: **Your Good Body** Jennifer Taylor Wagner, 2022-01-11 Discover a fresh approach to moving, fueling, and loving your good body well! So many of us feel as

though accepting our bodies means abandoning any effort to improve. We look in the mirror and tell ourselves that we are going to love the skin we are in, but most days our inner self-critic is all we can hear. We constantly ask ourselves How can I have a healthy lifestyle that will keep me motivated and inspired? Why does it even matter how I think about my body? Can't I just lose weight and be happy? What is it going to take for me to be content with the way I look, even if I'm not thin? But there is hope! Pursuing the healthiest version of you means learning to love the reflection in the mirror, and Jennifer Wagner understands this all too well. From looking at her today, you wouldn't know that she used to weigh 336 pounds. During her 16-year health and wellness journey, she has felt the deep anguish of torment from peers and strangers, let the scale dictate her moods, and cried herself to sleep all because of her imperfect body. But ultimately, Jennifer realized that to overcome the overwhelming negative feelings about her body, she needed to start with her mind and let go of all the expectations of perfection that were keeping her from being the best version of herself. Embark on this journey with Jennifer as your guide and learn to live a life of healthy habits and positive motivation to take care of your good body.

christian health and wellness coach: Wonderfully Made Allie Marie Smith, 2021-10-05 Finding your true value and purpose begins with a simple but profound truth: you have been wonderfully made. Do you ever question your worth or wonder what on earth you're here for? The everyday pressures and struggles women of all ages face and the feeling of not measuring up can be overwhelming. You might be left wondering: Is this all there is? A constant striving for self-acceptance and human approval? Or are you made for something more? Allie Marie Smith has walked the familiar road of self-doubt and depression. Like a companion on the journey, she wants you to join her in discovering a better life—the life you've been made for. God planned your days before you were born and He longs for you to discover the life He created you to live—here on earth and in eternity. This abundant life comes from knowing you are: Made for relationship with God Made to be loved Made to know your true identity Made to overcome Made to live free And so much more Wonderfully Made is designed to be read in 30 short chapters that help you discover your true purpose and significance. Don't believe the lie that you are defined by your struggles or that your worth comes from your achievements or looks. Your identity comes from God. No matter what the other voices might say, God declares that you are lovingly and wonderfully made and His eternal plan for you is good.

christian health and wellness coach: Women Living Well Courtney Joseph Fallick, 2013-10-08 Women desire to live well. However, living well in this modern world is a challenge. The pace of life, along with the new front porch of social media, has changed the landscape of our lives. Women have been told for far too long that being on the go and accumulating more things will make their lives full. As a result, we grasp for the wrong things in life and come up empty. God created us to walk with him; to know him and to be loved by him. He is our living well and when we drink from the water he continually provides, it will change us. Our marriages, our parenting, and our homemaking will be transformed. Mommy-blogger Courtney Joseph is a cheerful realist. She tackles the challenge of holding onto vintage values in a modern world, starting with the keys to protecting our walk with God. No subject is off-limits as she moves on to marriage, parenting, and household management. Rooted in the Bible, her practical approach includes tons of tips that are perfect for busy moms, including: Simple Solutions for Studying God's Word How to Handle Marriage, Parenting, and Homemaking in a Digital Age 10 Steps to Completing Your Husband Dealing With Disappointed Expectations in Motherhood Creating Routines that Bring Rest Pursuing the Discipline and Diligence of the Proverbs 31 Woman There is nothing more important than fostering your faith, building your marriage, training your children, and creating a haven for your family. Women Living Well is a clear and personal guide to making the most of these precious responsibilities.

christian health and wellness coach: Handbook of Religion and Health Harold G. Koenig, Tyler VanderWeele, John R. Peteet, 2023-05-12 The 2001 edition (1st) was a comprehensive review of history, research, and discussions on religion and health through the year 2000. The Appendix listed 1,200 separate quantitative studies on religion and health each rated in quality on 0-10 scale,

followed by about 2,000 references and an extensive index for rapid topic identification. The 2012 edition (2nd) of the Handbook systematically updated the research from 2000 to 2010, with the number of quantitative studies then reaching the thousands. This 2022 edition (3rd) is the most scientifically rigorous addition to date, covering the best research published through 2021 with an emphasis on prospective studies and randomized controlled trials. Beginning with a Foreword by Dr. Howard K. Koh, former US Assistant Secretary for Health for the Department of Health and Human Services, this nearly 600,000-word volume examines almost every aspect of health, reviewing past and more recent research on the relationship between religion and health outcomes. Furthermore, nearly all of its 34 chapters conclude with clinical and community applications making this text relevant to both health care professionals (physicians, nurses, social workers, rehabilitation therapists, counsellors, psychologists, sociologists, etc.) and clergy (community clergy, chaplains, pastoral counsellors, etc.). The book's extensive Appendix focuses on the best studies, describing each study in a single line, allowing researchers to quickly locate the existing research. It should not be surprising that for Handbook for the past two decades has been the most cited of all references on religion and health--

christian health and wellness coach: *Faith Vs. Weight* V. Maria Bower, 2018-12-17 If you've struggled with emotional eating, sugar addiction, or a lack of motivation, you're not alone. In FAITH VS. WEIGHT, author Maria V. Bower says there's no need to wait until your situation is ideal to start your weight loss journey. The odds are stacked in your favor when you follow Jesus Christ, not when you have a problem-free life. She shares the details of her FAITH VS. WEIGHT program, a Christian-based weight loss system that has helped many in seemingly hopeless situations focus on their faith, nutrition, and overall movement in order to reclaim their energy. Bower shows how life is ultimately about serving with love, and serving takes energy. Each chapter is based on one of the seven virtues, which are frequently discussed throughout the Bible. These virtues act as a road map, wisely guiding you on your weight loss path as you reclaim your energy to better fulfill your God-given destiny. Applying Biblical wisdom, sound nutrition, and fitness tips to the chaotic world of weight loss, FAITH VS. WEIGHT includes food charts, a restaurant guide, and exercise suggestions along with Biblical inspiration to help you attain and maintain your weight loss victory.

christian health and wellness coach: *The Christian Athlete* Brian Smith, 2022-04-05 The Christian Athlete is a gospel-centered guide that assists athletes who identify as Christians and are seeking to understand how to practically apply their faith to their sport. Athletes desire—and deserve—a more substantive expression of the Christian faith in the context of sport, but they don't know what it looks like or where to turn to learn more. Author Brian Smith shares his story as an athlete and coach, and his experience working with high-level athletes in the last decade to help readers better understand how to integrate faith and sport by: Assisting those who want a wide-angled understanding of how to live the Christian faith in the context of sports Walking through the many questions Christian athletes ask about winning, losing, injuries, practice, and everything in between Moving Christian athletes from simply having clichéd spiritual sayings decorating their bodies or t-shirts to actually living out their faith through all the opportunities their sport offers them The Christian Athlete will show readers how to live out a biblical perspective on athletics and urge them to engage in the gifts they are given to glorify God whether they are the team MVP or riding the bench.

christian health and wellness coach: *Recapturing Joy in Medicine* Amaryllis Sanchez Wohlever MD, 2019-04-30 Recapturing Joy in Medicine by Amaryllis Sanchez Wohlever, MD, contains a powerful prescription for physicians today who are practicing medicine during a time of crisis in the healthcare industry; one that is fueling an epidemic of physician burnout. From dealing with poor electronic healthcare records systems and insurance company intrusions to inadequate staffing to loss of clinical autonomy, doctors are facing myriad obstacles to providing excellent, compassionate patient care. As a physician, a physician coach, author, and speaker, Dr. Sanchez Wohlever understands the lives of doctors firsthand and writes this coaching manual to help them find the joy they once found in caring for patients. Within, physicians find practical ways to practice

self-care, ask for the help they need, and to place doctor-patient relationships back at the center of their practices. This book is a hopeful call to action for physicians to reclaim their passion for patient care.

christian health and wellness coach: *FASTER Way to Fat Loss* Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter *The FASTER Way to Fat Loss*, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

christian health and wellness coach: *Christian Counseling Ethics* Randolph K. Sanders, 2013-03-20 Editor Randolph K. Sanders assembles a team of scholar-practitioners to forge a comprehensive ethical approach to Christian counseling. Christian psychotherapists, pastors and others in the counseling profession will find here a ready resource for a whole array of contemporary clinical scenarios.

christian health and wellness coach: *Battered Hope* Carol Graham, Senior Fellow and Charles Robinson Chair Carol Graham, 2013-06-04 An inspiring memoir about choices; some good, some not so good. This is the story of an adult's mistakes, poor choices and circumstances that developed into a series of major physical, financial and emotional losses. Her story of triumph shows incredible strength and tenacity, as well as sheer determination to become successful against all odds.

christian health and wellness coach: *The Soul-Sourced Entrepreneur* Christine Kane, 2020-11-17 Can you succeed in business when your strength is more about sensitivity than swagger? If you're moved by meaning, more than manipulation? In other words: Can you succeed while still being you? Christine Kane is living proof that the answer is yes. Far too many of us have swallowed the notion that business owners have to be a certain way to be successful—strategy-obsessed, data-driven, and relentlessly aggressive. Bookstore shelves are lined with guides for entrepreneurs that urge them to Crush it! 10X It! or Unf**k it! Those who aren't crushers or unf**kers of anything are left wondering if something's wrong with them. Like, maybe they're just not cut out for business. A former songwriter and performer, and then founder of Uplevel YOU—a multi-million-dollar business coaching company—Christine Kane shows a new class of entrepreneurs another way. It's time to connect, not crush. In *The Soul-Sourced Entrepreneur*, Kane shares the insights that have helped thousands find success without losing themselves. In these pages, readers will find a practical plan to: • Toss out ineffective, old-school goal-setting models. • Reframe your intuition and sensitivity as valuable assets, not as flaws to hide. • Examine old patterns for clues as to what's been holding you back. • Clean up the spaces and distractions draining your energy and power. • Learn to confidently trust in your own wisdom. • Break free from fear-based decision-making that plagues most businesses. Throughout the book, you'll hear stories from other soul-sourced entrepreneurs, who employ their own reliable, unique set of best practices based as much in intuition and self-awareness as on specific skills and strategies. Forget business as usual. Your business is personal, and in this new era, authenticity, creativity, and sensitivity are what set businesses apart. *The Soul-Sourced Entrepreneur* is your unconventional plan to build the business of your dreams, and being wildly successful by being you.

christian health and wellness coach: *The Autoimmune Wellness Handbook* Mickey Trescott, Angie Alt, 2016-11-01 The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin

their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

christian health and wellness coach: Habits of Grace David Mathis, 2016-02-12 The Christian life is built on three seemingly unremarkable practices: reading the Bible, prayer, and fellowship with other believers. However, according to David Mathis, such “habits of grace” are the God-designed channels through which his glorious grace flows—making them life-giving practices for all Christians. Whether it’s hearing God’s voice (the Word), having his ear (prayer), or participating in his body (fellowship), such spiritual rhythms of the Christian life have the power to awaken our souls to God’s glory and stir our hearts for lifelong service in his name. What’s more, these seemingly simple practices grant us access to a host of spiritual blessings that we can only begin to imagine this side of eternity—and the incredible joy that such blessings bring to God’s children today.

christian health and wellness coach: The Prayer Life Andrew Murray, 2018-11-01 Praying always with all prayer and supplication in the Spirit and watching in this with all perseverance and supplication for all the saints. – Ephesians 6:18 The sin of prayerlessness as one of the deepest roots of the evil. Few can plead themselves free from this. Nothing so reveals the defective spiritual life in a pastor and the congregation as the lack of believing and unceasing prayer. Prayer is indeed the very pulse of the spiritual life. It is the great means of bringing to a pastor and the people the blessing and power of heaven. Persevering and believing prayer means a strong and abundant spiritual life. Chapters included in this book... The Sin of Prayerlessness How to Be Delivered from Prayerlessness The Blessing of Victory The Example of Our Lord The Holy Spirit and Prayer The Holiness of God Obedience and the Victorious Life Time in Inner Chamber Taking Up the Cross The Holy Spirit and the Cross

christian health and wellness coach: Christian Coaching Gary R. Collins, 2001 A well-known author in the field of counseling takes successful principles of coaching and gives them a God-centered application. Broader in scope than either mentoring or discipline, Christian coaching helps people find God's vision or their lives and learn to live accordingly.

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