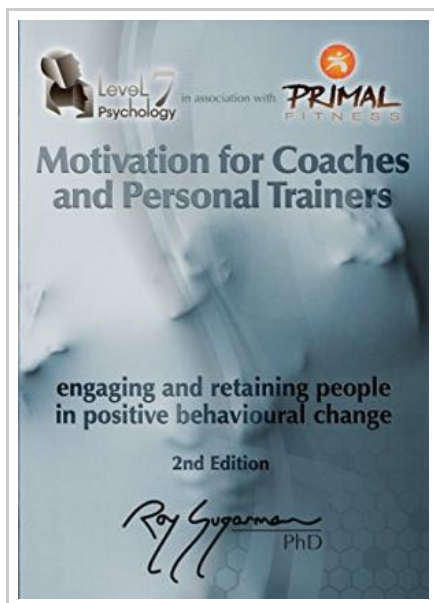




DOWNLOAD



Motivation for Coaches and Personal Trainers: Engaging and Retaining People in Positive Behavioral Change

By Roy Sugarman Phd

Heart Space Publications. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.2in. x 5.8in. x 0.7in. Dr Roy Sugarman presents the second edition of his highly acclaimed work on motivation and the coaching of emotion. Since the first edition of his book, he has received overwhelmingly positive feedback on which this second edition is based. In proposing an entirely new paradigm for coaches and personal trainers, Dr Sugarman sets out clear strategies, based in behavioral science, for trainers to forge warmer and more effective relationships with their clients. In this paradigm, coaches and trainers can help clients find their resolve to change on their own terms, and in doing so, become an expert in the thing that matters most, their optimal performance. Already part of many personal training curricula worldwide, Dr Sugarman's work on motivation in physical training and sport coaching settings is becoming the bible for those in the training community who want to drive growth in the industry by engaging more people in positive healthy behavior change. I had the distinct pleasure of reading Dr Roy Sugarman's book and the opportunity to interview him about his book Engaging and Retaining Clients in Healthy Behavior Change- this is a GAME...



READ ONLINE
[2.65 MB]

Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin