

Health Promotion & Goal Setting: Where to Learn More



Additional Resources

Health & Wellness

- 🔗 World Health Organization: <http://www.who.int/about/mission/en/>
- 🔗 Health Journeys - Guided Imagery for Health
<http://www.healthjourneys.com/Main/Home/What-Is-Guided-Imagery/>
- 🔗 *The Language of Emotions: What Your Feelings Are Trying to Tell You*, By Karla McLaren. Paperback – June 1, 2010
- 🔗 *The Worry Trap: How to Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy* By Chad Lejeune, PhD, New Harbinger Publications. 2007
- 🔗 *The Pleasure Trap: Mastering the Hidden Force that Undermines Health & Happiness*, By Douglas J. Lisle. Paperback – April 1, 2006

Goal-Setting/Behavior Change

- 🔗 National Institutes of Health (NIH). Behavior Change Consortium's summary report. Available at: <http://www1.od.nih.gov/behaviorchange/summary/summary.htm>
Accessed October 15, 2006.
- 🔗 *Goal Setting: The Ultimate Guide To Achieving Goals That Truly Excite You* By Thibaut Meurisse Paperback – August 21, 2015
- 🔗 *S.M.A.R.T. Goals Made Simple: 10 Steps to Master Your Personal and Career Goals*, By S.J. Scott. Mar 4, 2014
- 🔗 *The Wellness Workbook, 3rd ed: How to Achieve Enduring Health and Vitality*, By John W. Travis and Regina Sara Ryan. Paperback – April 1, 2004
- 🔗 Brooke Castillo Self-Coaching podcasts - <https://itunes.apple.com/us/podcast/the-life-coach-school-podcast-with-brooke-castillo/id870239631?mt=2>
- 🔗 Professional Cancer Coaching:
 - 🔗 The Cancer Journey - <http://www.thecancerjourney.com/>

