



GEORGETOWN UNIVERSITY

**INSTITUTE FOR
TRANSFORMATIONAL
LEADERSHIP** at the
School of Continuing Studies

Certificate in Health & Wellness Coaching: Required Texts

Please purchase the following books. We will use them throughout the duration of the program. All books are available through major booksellers and online retailers.

Your responsibility is to read all of these by the end of the program, and they are useful resources as you continue your learning beyond the classroom. Specific pages will be assigned in preparation for each in-class session in alignment with the coaching concepts presented.

- **Wellness Coaching for Lasting Lifestyle Change**, 2nd Ed. Arloski, 2014
ISBN-10: 9781570253218
List Price: \$25.07
- **Coaching Psychology Manual**, 2nd Ed. Moore & Tschannen-Moran, 2016
ISBN-10: 1451195265
List Price: \$37.93
- **Co-Active Coaching: Fourth Edition: The proven framework for transformative conversations at work and in life**, 4th Ed. Whitworth, Kimsey-House, Kimsey-House, & Sandahl, 2018
ISBN-10: 9781473674981
List Price: \$33.17

Suggested Texts:

Suggested texts are listed in the course syllabi. None are mandatory. However, you may find that there are books that you are drawn to, and we encourage you to choose from among the recommendations to fill in areas that you want to know more about. Additionally, the faculty team will share some of their favorite books and resources throughout the program. These texts can be obtained on an as-needed basis, and will further inform your work within the program.

- **Motivational Interviewing: Helping People Change, 3rd Edition (Applications of Motivational Interviewing) 3rd Edition** Miller & Miller, 2008
ISBN-10: 1609182278
List Price: \$47.39
- **Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward**, Prochaska, Norcross, & DiClemente, 2007
ISBN-10: 9780380725724
List Price: \$13.37

- **TED* (The Empowerment Dynamic) for Diabetes**, Emerald & Conard MD, 2012
ISBN-10: 0977144135
List Price: \$14.40
- **The Gifts of Imperfection**, Brown, 2010
ISBN-10: 9781592858491
List Price: \$12.62
- **A More Beautiful Question: The Power of Inquiry to Spark Breakthrough Ideas**, Berger, 2016
ISBN-10: 1632861054
List Price: \$11.55
- **Presence: Bringing your Boldest Self to Your Biggest Challenges**, Cuddy, 2015
ISBN-10: 0316256587
List Price: \$11.55
- **Mindfulness for Beginners: Reclaiming the Present Moment-and Your Life**, Kabat-Zinn, 2016
ISBN-10: 9781622036677
List Price: \$13.46
- **Language and the Pursuit of Happiness**, Brothers, 2004
ISBN-10: 0974948705
List Price: \$13.70

Please note: Texts are subject to change per cohort per year.