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Having practiced as a life coach for more than two decades, I've helped many clients change their lives for the better. Now I'd like to help you do for yourself

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some of what I do with my clients — by
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The 8 Life Areas | Universal Coaching Systems

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practitioner and life coach. I specialize in helping my clients align more clearly with their goals, whether they be health and wellness goals, or bigger life dreams, and understand how food and exercise play an integral role in achieving those goals.

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follows the eccentric trainer and his
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