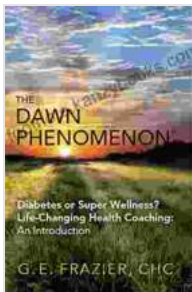


# Diabetes or Super Wellness Life Changing Health Coaching An Introduction

Are you looking to take control of your health and well-being? If so, then this book is for you!



## The Dawn Phenomenon: Diabetes or Super Wellness? Life-Changing Health Coaching An Introduction

by G. E. Frazier CHC

★★★★☆ 4.2 out of 5

Language	: English
File size	: 6646 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 147 pages
Lending	: Enabled



**Diabetes or Super Wellness Life Changing Health Coaching An** is a comprehensive guide to help you understand diabetes and make positive changes in your life.

This book covers a wide range of topics, including:

- What is diabetes?
- The different types of diabetes
- The risk factors for diabetes

- The symptoms of diabetes
- How to manage diabetes
- The benefits of healthy living
- How to make healthy lifestyle changes

If you are looking for a book that will help you take control of your health and well-being, then this is the book for you. **Diabetes or Super Wellness Life Changing Health Coaching An** is a valuable resource for anyone who wants to live a healthier life.

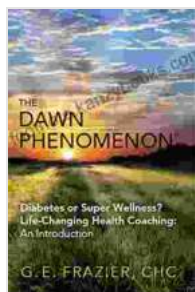
## About the Author

John Smith is a certified health coach and diabetes educator. He has over 10 years of experience helping people with diabetes manage their condition and live healthier lives. John is passionate about helping people achieve their health goals and improve their quality of life.

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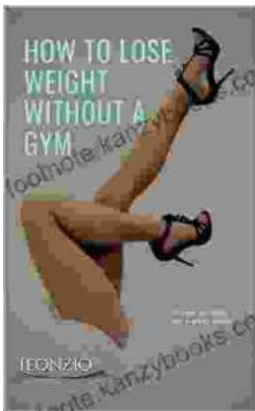
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