

### Wellcoaches & Coach Meg Publications

#### Books

[Coaching Psychology Manual](#), published by Lippincott, Williams & Wilkins 2009

[Organize Your Mind, Organize Your Life](#), Harvard Health book published by Harlequin nonfiction to be released in January 2012

[The Realization of Rachel](#), self-coaching book on weight loss based upon a story about Coach Meg coaching an overweight pediatrician

#### CME

Harvard Medical School online [CME program](#): Prescribing Lifestyle Medicine for Weight Management

#### Peer-Reviewed Articles

Accepted for publication in American Journal of Physical Medicine & Rehabilitation: Coaching for Behavior Change in Psychiatry

[Climbing up Mount Lasting Change](#); ACSM Health & Fitness Journal July 2009

[Relational Flow](#): Theoretical Model for the Intuitive Dance, ICF Coaching Research Proceedings 2006

[Principles of Behavioral Psychology in Wellness Coaching](#), ICF Coaching Research Proceedings 2005

#### Blogs

[Psychology Today blog](#)

[Huffington Post blog](#)

#### YouTube

[How Coaching Works](#)

#### Articles

[Coaching News Columns – 2003-2010](#); American College of Sports Medicine Certified News

[Body Intelligence: A Guide to Self-Attunement](#); IDEA Fitness Journal, November 2010

[Coaching through the lens of consciousness](#); IDEA Fitness Journal, November 2009

[What it takes to change](#). Personal Fitness Professional, January 2009

[Coaching series](#); Personal Fitness Professional, 2007

[New metaframe for coaching psychology](#) (Power Point presentation)

[Flow to Health & Happiness](#): IDEA Fitness Journal October 2008

[White paper](#): The obesity epidemic – a confidence crisis calling for professional coaches

[CDHC Solutions Magazine article](#): Choosing a Great Wellness Coach

[Case Management Society of America](#) article: Case Manager to Professional Coach

[IHRSA Active Careers Digest article](#): Fitness Expert to Professional Coach