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A coach and psychologist with over twenty-five years of clinical work experience who has been contributing professionally to the field of wellness since 1977, Dr. Arloski is one of the key developers of the field of health and wellness coaching. He is the author of *Wellness Coaching for Lasting Lifestyle Change* (first and second editions), the foundational book of this field. Dr. Arloski's company, Real Balance Global Wellness Services, Inc. (www.realbalance.com), has trained over 10,000 coaches worldwide. A founding member of the National Board for Health & Wellness Coaching, he has served as the president of the board of directors of the National Wellness Institute.