



# Recovery? Goal On!: Life Coaching and Recovery from Mental ill Health

*Humphrey A Greaves*

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**Recovery? Goal On!: Life Coaching and Recovery from Mental ill Health** Humphrey A Greaves

Recovery? Goal On! book is about the unusual application of Life Coaching to Mental ill health Recovery. The book looks at it mainly from a Service Users point of view giving examples of how Life Coaching gets outstanding results. Humphrey Greaves is both a Professional Life Coach and Mental health Service User.

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