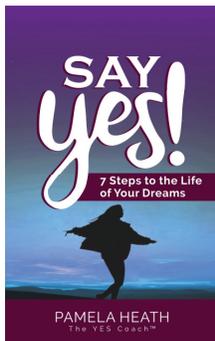


## For Immediate Release

### Life Coach, Business Strategist and Author, Pamela Heath, unveils “SAY YES! 7 Steps to the Life of Your Dreams,” a Unique Book That Opens Up a World Of YES!



With the correct mindset and a healthy dose of the right attitude, the ordinary person can accomplish extraordinary results. Life Coach and Business Strategist, Pamela Heath, shows readers how to change the direction of their lives by applying her seven-step method.

**Los Angeles, CA - USA – July 2, 2020** – Life Coach, Business Strategist and Author, Pamela Heath, the owner and founder of Strategic Yes Training, an empowerment source, unveils “[Say Yes! 7 Steps to the Life of Your Dreams](#),” a unique book that provides a roadmap to the life of your dreams by helping the reader outline a clear pathway toward their goals. Heath says, “I paint a step-by-step portrait for anyone who has a dream to help them define their milestones to get where they’re going. I call it my ‘YES GPS.’” “Say YES!” helps to open one’s eyes to doing what they’ve always wanted to do in life, and to take charge and make things happen in a time frame they didn’t dream was possible. “Say YES!” shows you how you can succeed in seven major areas of your life.

**Step 1: Your Home Environment**

**Step 2: Your Work and Financial Aspects**

**Step 3: Your Family and Friends**

**Step 4: Your Romantic Environment**

**Step 5: Your Relationship to Fun and Entertainment**

## Step 6: Your Health and Fitness

## Step 7: Your Spiritual Connection

According to Dr. Melissa Caudle, bestselling author and media influencer, “Heath’s book is incredibly unique. What I found was the power of being able to set your goals, then by learning to say, ‘Yes,’ you have triggered a successful thought pattern. Once you can accomplish this, you can achieve anything. That is the power in Heath’s book.”



Other reviewers agree with Caudle and found the book not only informative but transformative. Says Coach Suzanne Ellers, Founder of S.A.S. (Simple Accountability Solutions) “Say YES! Is interesting, engaging and applicable immediately! I loved the engaging stories of just how she did apply for herself the seven steps to achieve her life dreams. The action steps are simple to follow and the effects can be felt as soon as you start applying the strategies!”

[Say Yes: Seven Steps to the Life of Your Dream](#)” is available on Amazon in eBook and paperback. The audible version is currently in the works.

### About the Author

Pam Heath is a certified life coach, business strategist, and the founder and owner of Strategic YES Training, LLC ([www.yescoach4u.com](http://www.yescoach4u.com)) and has a weekly podcast, [THE SCIENCE OF YES](#). She has led extraordinary seminars and workshops, “Being Extraordinary,” “Being Creative,” and “Living Life Powerfully” for over twenty-seven years. If you are looking to transform your life, start your own business, and expand your capacity for new possibilities, Pamela is your go-to guru for more power, passion, and fun. Say YES to Life! For interviews, public appearances, and/or book signings, contact the author at the following:

**Contact Person Name:** Pam Heath

**Company Name: Email:** [Pamheath@yescoach4u.com](mailto:Pamheath@yescoach4u.com)

**Contact Phone Number:** (818) 275-4798

**Company Url:** [www.yescoach4u.com](http://www.yescoach4u.com)

**Country:** United States