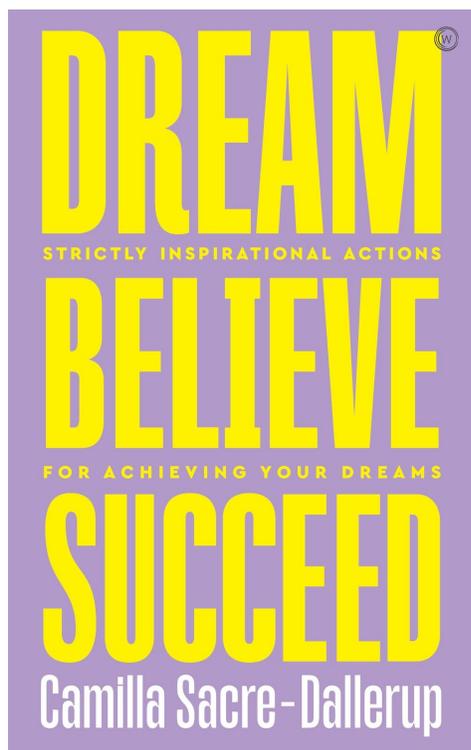




PRESS RELEASE - FOR IMMEDIATE RELEASE

DREAM BELIEVE SUCCEED

Strictly Inspirational Actions for Achieving Your Dreams



“Enjoy life’s journey and not just the destination”

Camilla Sacre-Dallerup

10th Nov | £10.99/\$14.95

We all have dreams, from passing wishes to life-altering ambitions. But we rarely act on these dreams – we don’t know where to start, don’t have time, or we feel we’re not good enough. Our lives continue, leaving us wondering what could have been.

In *Dream, Believe, Succeed*, Camilla Sacre-Dallerup shows it doesn’t have to be this way.

Drawing on her own experiences of relentless hard work, heartache and international success, Camilla offers inspiring ways of achieving your ambitions through *positivity* and *action*:

- ★ Transform your mindset with easily applicable *tools* and *exercises*
- ★ Find inspiration through Camilla’s own experiences and *case studies*
- ★ Apply simple, practical *techniques* to help you live your dreams and find lasting happiness

Dream, Believe, Succeed is the paperback edition of *Strictly Inspirational*, with a new chapter, ‘My Journey Continues’, sharing Camilla’s growth since 2013, and brand-new tips on gratitude, flow and thriving through change. The first of Camilla’s life makeover trilogy of self-help books, it provides the kickstart to creating your dream life now!

For more information, please contact:

Naomi Abeykoon | hello@wordsbynaomi.co.uk | 07814437801

Laura Whitaker-Jones | laura.whitaker-jones@watkinspublishing.com | 07918 660144

PRESS RELEASE



'A-MAZ-ING!'

Craig Revel Horwood, professional dancer and judge

'This book will fascinate and motivate you instantly.'

Lisa Riley, actress



ABOUT THE AUTHOR

Camilla Sacre-Dallerup is an author, life coach and mindful living expert. She is an NLP master practitioner coach, certified hypnotherapist and a popular meditation teacher at the renowned Unplug Meditation studio in Hollywood.

Before she began her life coaching and motivational speaking business in the UK 10 years ago, she spent more than 25 years competing as a professional ballroom dancer. Camilla was part of the original cast of *Strictly Come Dancing*. After winning the trophy in 2008, she left to focus on her wellbeing business.

Camilla's first self-help/memoir was published in January 2015. Entitled *Strictly Inspirational* in the UK and the US, it is based on the premise: "How I learnt to dream, act, believe to succeed". She went on to write her second global best-seller, *Reinvent ME - How to Transform Your Life or Career* in 2017, and

her third global best-seller, *It's Not You, It's Me* in early 2020.

Camilla founded her life coaching, hypnosis and meditation practice, ZENME, in Hollywood, with a client list of celebrities, producers and businesses from Porsche to HULU to YouTube. She has made it her mission to inspire the world to meditate and take time for self-care, every day.

CAMILLA IS AVAILABLE FOR INTERVIEWS AND EVENTS. DREAM, BELIEVE, SUCCEED IS AVAILABLE FOR SERIAL OR EXTRACT.

For press enquiries, please contact:

Naomi Abeykoon | hello@wordsbynaomi.co.uk | 07814437801

Laura Whitaker-Jones | laura.whitaker-jones@watkinspublishing.com | 07918 660144

To request review copies, please contact Laura Whitaker-Jones at

laura.whitaker-jones@watkinspublishing.com.