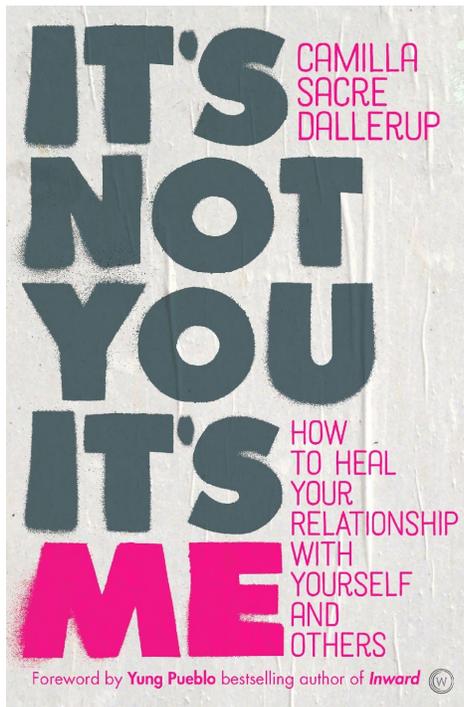


PRESS RELEASE - FOR IMMEDIATE UK RELEASE

IT'S NOT YOU, IT'S ME

How to Heal Your Relationship with Yourself and Others



The international best-seller
by Camilla Sacre-Dallerup
January 2020 | Paperback | £9.99

“If you want to change something in your outside world, you have to be willing to go on an inward journey too”

When your relationship status seems more ‘it’s complicated’ than ‘easy’, you might be feeling at a loss at how to turn things around.

But the key to happiness when experiencing such difficulties could quite literally be staring you in the face. In her third groundbreaking book, international best-selling author, life coach, hypnotherapist and former **Strictly Come Dancing** champion Camilla Sacre-Dallerup explores the everyday relationships so many of us

(perhaps not always admittedly!) struggle with and encourages us, first and foremost, to look inwards so that we can learn to break long-term negative cycles and take control of our lives.

Taking the reader on an inspiring journey of self-discovery, chapter by chapter, Camilla focuses on four key principles: **self-awareness**, **self-acceptance**, **self-love** and **self-care**. Using targeted questions, practical exercises and proven techniques, she will steadily guide you through the programme (which also comes with a **FREE online meditation album**), helping you to create a loving relationship with yourself and others.

“Whether we’re having problems with a partner, a colleague or a friend, we can be very quick to feel wronged and apportion blame,” says Camilla. “But you know what the secret to a happy relationship is? It’s a little thing called self-love.”

It’s Not You, It’s Me is a powerful tool for unblocking repeated, detrimental patterns in the relationships closest to you, helping you to align yourself internally with what you want to attract externally. The book carries a warning too: it will make you fall deeply in love - with yourself!

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PRESS RELEASE

“Camilla is brilliant and intuitive”

– Elizabeth Berkley Lauren (*CSI: Miami, Saved by the Bell*)

“It’s Not You, It’s Me will shift your perception. The only question you need to ask yourself is ‘Are you ready?’”

– Alison Tay (Editor-in-Chief, *Grazia Middle East*)

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 best-seller, *Reinvent ME - How to Transform Your Life or Career* in 2017.

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. IT'S NOT YOU, IT'S ME IS AVAILABLE FOR SERIAL OR EXTRACT.

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