

Miriam Putnam, Life Transformation Specialist, Helps Individuals Move from Emotional Overwhelm to Renewed Purpose

Miriam Putnam's clients share how her RESET and RISE program helped them truly heal and live purpose-driven lives

LOS ANGELES, CA, UNITED STATES, August 6, 2026 /EINPresswire.com/ -- For millions of Americans, each day is a struggle against anxiety, grief, stress, and overwhelming negative thoughts. While many search for lasting answers, wellness expert and transformation coach [Miriam Putnam](#) believes hope begins with a new perspective. Through her RESET and RISE framework, she and her team help individuals move beyond emotional overwhelm, rediscover their purpose, and create meaningful, lasting change.

More than one in five U.S. adults experiences a mental health challenge each year, underscoring the growing demand for approaches that help people heal, build resilience, and thrive. It is easy to see that the traditional mental health system isn't currently working.



"RESET and RISE is the result of years of advocacy, research, and personal experience. I've watched it help many individuals overcome anxiety, grief, negative thought patterns, and the everyday pressures that keep so many people from living the life they envision. True transformation is possible, and if it has helped so many others reclaim their peace, purpose, and confidence, I believe it can help you too," says Putnam.

The RESET and RISE framework combines practical tools with personalized guidance to help individuals overcome anxiety, grief, and limiting beliefs to step into the power of their true selves. Participants learn strategies to build resilience, find balance, and create healthier, more fulfilling lives.

One client, Dave, credits the framework with helping him discover a new way of living after years

of searching for balance.

"I wanted a way to balance life's pressures, find peace of mind, and live according to my vision," says Dave M. "Through RESET and RISE, I found practical tools that created meaningful and lasting transformation. It wasn't about temporary motivation—it was about changing how I approached life."

For Putnam, the work is deeply personal. Losing her mother after struggle and failure with the mental health system became the turning point that inspired Putnam's lifelong mission to help others find hope and healing and avoid the unfortunately broken system.

"All I ever wanted was someone who truly understood how to help people experience genuine happiness and restore their well-being," says Putnam. "When I couldn't find that person, I decided to become the person I had once been searching for."

Today, Putnam works with clients seeking sustainable transformation rather than temporary solutions, empowering them to replace limiting beliefs with confidence, resilience, and renewed purpose.

"I hope more people have access to approaches that honor the whole person and provide meaningful, lasting solutions," Putnam says. "Until then, my team and I will continue serving individuals who are ready to reclaim their lives and create a future filled with hope, balance, and purpose."

Putnam encourages those facing mental health challenges to remember they do not have to navigate recovery alone or in a failed mental health system. Through the RESET and RISE framework, individuals develop practical tools that foster resilience, renewed purpose, and lasting personal growth. The genuine transformation clients experience demonstrates what is possible for anyone willing to embrace the journey toward a better life.

About Miriam Putnam

Miriam Putnam is a wellness expert, transformation specialist, holistic mental health advocate and founder of the RESET and RISE framework. Inspired by her personal journey and years of advocacy, she helps individuals overcome emotional barriers, build resilience, and create lives rooted in purpose, balance, and lasting well-being.

For more information about Miriam Putnam and the RESET and RISE framework, visit <https://miriamputnam.org/>.

Miriam Putnam is available for interviews.

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