

Mental Health Advocate Miriam Putnam Announces Limited-Time Promotion for 'Reset & Rise' Holistic Coaching Services

The new holistic approach offers an effective, affordable alternative process to traditional care for those serious about lasting life changes

LOS ANGELES, CA, UNITED STATES, October 5, 2026 /EINPresswire.com/ -- Life-transformation specialist and mental health advocate [Miriam Putnam](#) has announced exclusive introductory pricing featuring 30% savings for new clients enrolling in her flagship Reset Life & Rise program. Backed by over 25 years of advocacy and wellness experience, the Reset & Rise framework serves individuals serious about finding a practical, natural, and permanent path to effective lifestyle enhancement.

"Traditional psychology often focuses heavily on analyzing problems or managing symptoms," says Putnam. "My team and I deliver results better than psychology. I see this program as a much-needed next step. The Reset & Rise framework is for anyone who is truly ready to reset their life and rise into their next chapter. We look at the whole picture—your body, mind and soul health—to create real, lasting change instead of just talking about it."

Putnam's lived experience and discoveries provide a structured, natural approach for individuals looking to create their next chapter or currently navigating stress, sleep issues, anxiety, emotional fatigue, and other life challenges. This newly introduced pricing structure is designed to lower the barrier to entry for those who are serious about embarking on a journey of lasting change.

"Lifestyle stress isn't usually a single crisis—it's a quiet, persistent drain on your vitality, usually affecting our body's health and how we feel mentally and emotionally," Putnam explains. "Most



Miriam Putnam

options overlook daily environmental and relationship factors, which is why I designed the Reset & Rise framework around a practical, three-stage method. We help you begin to uncover hidden stressors, restore balance, and build long-term resilience through custom, actionable shifts that target the root cause of stress."

The Reset Life & Rise program arrives at a critical time. Recent statistics indicate that nearly 1 in 5 U.S. adults live with depression, and over half have experienced a major traumatic event. With millions of people struggling every day with pressures and emotional burnout, standard care leaving gaps. The Reset Life & Rise program steps in to fill those holes, giving people a simple, step-by-step way to regain their vitality and feel like themselves again.

"Mental health issues have become normalized as though they're a part of life," says Putnam. "This is especially true of stress. We accept that stress is simply 'normal'. This crisis proves standard insight and diagnosis aren't working. We deserve a practical path forward to create real momentum."

Putnam further added: "Many people try to think or talk their way through trauma, only to find the same heavy patterns returning. The Reset Life & Rise program is explicitly designed to help you rise in life instead of staying in the same loop, see your daily environment clearly, and take thoughtful, realistic steps toward your future with sustained calm and true resilience."

About Miriam Putnam

Miriam Putnam brings over two decades of dedicated expertise in whole-person mental wellness and advocacy to clients globally. Born out of a deeply personal journey to find better answers within complex care systems, her coaching practice organizes practical wellness strategies into understandable, bite-sized components. Putnam empowers individuals to successfully transition from a state of stress and burden to a long-term lifestyle rooted in clarity, balance, and purpose.

To learn more, please visit: <https://reset.withmiriam.com/>

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