

# MEDIA KIT



Barbara A. Berger, PCC

*Yes! No. Maybe? Three little words that change everything* is a soul book for every kind of day and every season of life.

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[YesNoMaybeBook.com](#) | [LiveYourGenuine.com](#) | 484-862-9523



## ABOUT THE AUTHOR

# Barbara A. Berger, PCC

Barbara A. Berger is a career and executive coach and founder of Career Wellness Partners and Live Your Genuine Coaching.

She's built a life, and a business, on helping people trust their gut, follow their curiosity, and believe in the magic of the intuitive whisper.

That's how *Yes? No. Maybe?* began...with a whisper.

While deep into writing a book about coaching and client case studies, a line that landed in her brain ten years prior suddenly made sense. She followed that energy and instantly pivoted.

What was the line?

"If there is only one of Me, would you be the other?"

With that one question, a world of wonder emerged, begging all readers to discover the power of three little words that change everything.



12+

YEARS AS CAREER  
& EXECUTIVE  
COACH

1

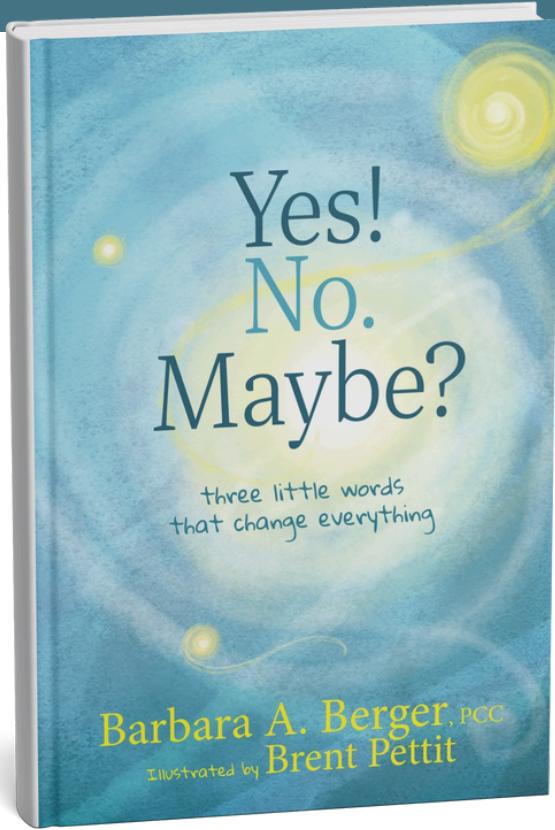
BOOK THAT'S  
ABOUT TO GO  
BIG

100%

★★★★★  
REVIEWS

# about the book

A soul book and timeless story for every kind of day and every season of life.



## Yes! No. Maybe?

three little words that  
change everything

from  
Barbara A. Berger, PCC

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*Yes! No. Maybe? Three little words that change everything* is a soul-level story carrying a universal message wrapped in a picture book.

Ages 8 to 108 will be moved – maybe even changed – by this message about creation, connection (to ourselves, to each other, and to something greater), and finding our way back to our original Yes.

A lyrical story with striking imagery, it belongs on the shelf beside *Oh, the Places You'll Go!* and *The Boy, the Mole, the Fox and the Horse*. This is a book for big transitions, quiet moments, good days, and hard ones. For school-age children navigating the in-between years and for grownups who feel stuck. It's also a celebration of deep connection to something greater than ourselves.

With foundational elements of coaching woven through the pages, Barbara created a must-read for anyone who has ever wondered about who they are, where they fit, and how to find their way back to their worth.

Order your copy of *Yes! No. Maybe?: Three little words that change everything*, and let it help you find your way back to your Yes.

# Yes! No. Maybe?

three little words that change everything

Long before the stars blinked awake or the sun first rose, there was a single Light. It was vast and bright, and it had one big question that echoed across the cosmos:

"If there is only one of Me, would you be the other?"

From that question came all there is. Trees ... Oceans. ... Laughter...You!

In this lyrical story, readers young and old will discover the power of three simple words – Yes! No. and Maybe? – and the role each plays in our lives.

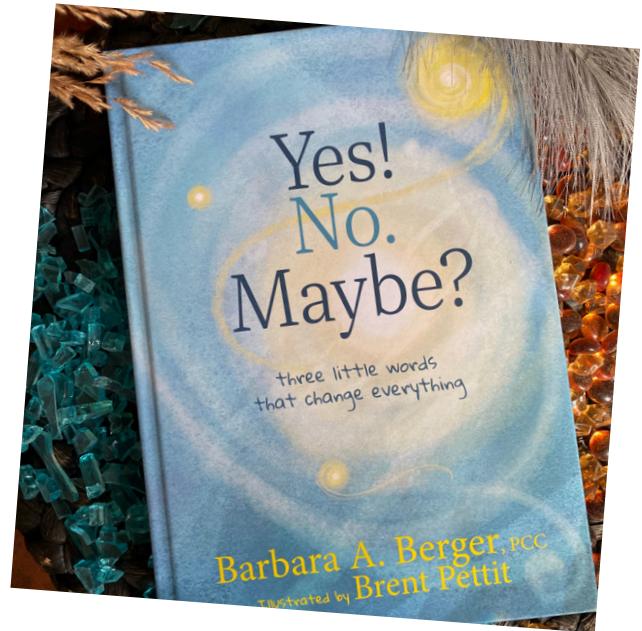
Yes is the promise. No is the reframe. Maybe is the path forward.

With warmth, wonder, and compassion, *Yes! No. Maybe?* invites all readers to remember their Light, reclaim their voice, and explore the world with courage, curiosity, and kindness.

Perfect for thoughtful moments, emotional growth, or spiritual reflection, this book is a celebration of self-worth, resilience, and the divine spark we all carry.

*Yes! No. Maybe?* is a book for every type of day and every season of life.

Say YES to the Light inside you, Say NO to what dims it. And follow your MAYBEs – they just might lead you home.



## book information

- **Title:** *Yes! No. Maybe? three little words that change everything*
- **Author:** Barbara A. Berger, PCC
- **Genre:** Self Help | Spirituality | Spiritual Self-Help | Body, Mind & Spirit | Juvenile | Young Adult
- **Publish Date:** October 7, 2025
- **Publisher:** Live Your Genuine
- **Paperback:** 979-89930985-2-4
- **Hardcover:** 979-89930985-3-1 (8x10)
- **eBook** available on Amazon
- **Features:** 86 pages, illustrations throughout

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## where to buy



# 5 Things to Know About

# YES! NO. MAYBE?

three little words that  
change everything

Foundational coaching concepts are masterfully woven into a spiritually resonant parable to reach audiences of all ages and backgrounds. Inclusive, motivational, and filled with hope, this book is about sacred contracts, protection of the Light you were born with, and finding your way... wherever you are on your journey.

## Yes! - The origin story

The anchor line for the book, *"If there is only one of Me, would you be the other?"*, arrived as a whisper in Barbara's awareness 10 years prior to writing *Yes! No Maybe?*



## Maybe? - The way back to Yes!

How do we bounce back when we have a day (or years) of feeling like No? *"Some will work out, some never do, but all Maybes you try give you clues about you."*



## How did Barbara write this book?

Barbara wrote this book while spending hours on the couch with the family's soul dog of 16.5 years. Those last few months caring for him allowed space for the book to pour out. The Berger family is forever grateful for Choncho's Yes.



## Brent Pettit's Illustrations

It was a labor of love to bring Barbara's vision of Light and Brent's vision of Light together. And, man, when it worked ... IT WORKED!

# REVIEWS

## WHAT READERS ARE SAYING

From New York Times bestselling authors and leaders in behavioral change to CEOs, educators, and parents – here's the early word.



**Dr. MARSHALL GOLDSMITH** is the Thinkers50 #1 Executive Coach and New York Times bestselling author of *The Earned Life*, *Triggers*, and *What Got You Here Won't Get You There*.

“With simple language and a sense of wonder, Barbara Berger invites young readers to discover the light within themselves—and to recognize that same light in others. It’s a beautiful introduction to kindness, empathy, and inner peace, reminding children (and the adults reading with them) that they are already connected, already enough, and never alone in this universe.”



HEIDI NELSON

“Pure magic in the way it carries us back to the truths we were born knowing, inviting us to return to ourselves, to the spark within that may have been lost, forgotten or abandoned in our pursuit of acceptance, belonging, and love.”



KEVIN KARPUK

“Don’t think that it’s meant to just lift you from the “No” although that isn’t the worst reason to pick up this book. I’d suggest starting at the section you are at personally and go from there. It’ll help you get back to your “Yes!””

# INTERVIEW QUESTIONS

## What inspired you to write Yes! No. Maybe?

The inspiration came from what some call a “download” 10+ years before the book was written: “*If there is only one of Me, would you be the other?*” I didn’t know what it meant but it would surface occasionally. In 2024, the daily practice of sitting at my desk and writing the book I *thought* I was writing about coaching (from my brain) turned out to be practice for what I was supposed to write ...from my heart.

## How does 12+ years as a coach inform this book?

Twelve years of coaching showed me that real change comes down to three things: 1 -knowing what’s true for you (Yes), 2 -saying No to what holds you back, and 3 - action... being willing to try something new (Maybe). I didn’t intend for this book to relate to coaching, but it ended up being the purest expression of that process. Words matter. Looking at these three words through a new lens can change lives. I’ve seen it in practice and I want to share it.

## What is the takeaway for readers?

I hope readers walk away with a deeper sense of belonging and more kindness toward themselves and others. If we imagine that we came from one Source (whatever name we give it), and that we made an agreement to be here... that we said Yes, it can change how we show up for ourselves, for each other, and for our world. It also helps adults talk about emotions with kids, and discuss the possibility of something greater without preaching or telling them what to believe.

## Why did you decide to self-publish?

If I said instant gratification I wouldn’t be lying! (I’m working on that!) Part of that is true. The other part isn’t about me at all. This book came through me. It wasn’t forced, and for that reason, I believe it’s meant to be out there now. I found a vetted partner to help me, Concierge Marketing, with over two thousand titles under their belt, and did it right. My approach was to retain rights and control and get it into readers’ hands quickly. Then, with proof of concept, perhaps revisit the traditional publishing option.

## There is a strong theme of connection and creation. Why?

I once heard Jonah Hill say “The only reason I get out of bed in the morning is to create and connect.” It felt so true for me. And through coaching, I learned that those two things can lift us out of our stuckness. Our body’s reaction to both is a release of happy hormones. Beyond that, we all have the power of creation inside of us, just like God/Source. We can create and connect our way to big beautiful lives. We all need that message as early in our lives as we can get it.

## Is there another book in your future?

I have no idea! This one came as a surprise for sure. I don’t think I can go back, though, to writing the standard book I was in the middle of writing when this one hit. *Yes! No. Maybe?* is too full of magic for me to think about anything like a book of coaching exercises or client case studies! If another comes, it would have to be one that connects viscerally and is recognized as pure truth. Something we know deep in our being, in our protoplasm, in our DNA that we need to be reminded about.

# press release

BARBARA A. BERGER, PCC RELEASES TIMELESS PICTURE BOOK FOR ALL AGES

“It’s a beautiful introduction to kindness, empathy, and inner peace, reminding children (and the adults reading with them) that they are already connected, already enough, and never alone in this universe.”

- Dr Marshall Goldsmith

Barbara A. Berger, PCC, a career and executive coach, is thrilled to announce the launch of her debut book, *Yes! No. Maybe? Three little words that change everything*. Written for readers 8 to 108, it's a timeless lyrical story wrapped in a gorgeous picture book.

**About the Book:** Richly layered and deceptively simple, this book distills over a decade of Barbara's coaching expertise into a format that reaches younger and wider audiences. Woven with a golden thread of inclusive spirituality, it offers a fresh perspective on universal questions and gently reminds us of our inherent creative power to shape the lives we dream about.

With three distinct sections – Yes!, No., and Maybe? – it can be read straight through or opened to the section you need in that moment. Yes suggests we made a sacred deal long ago to be here, calling us to uphold our side of the contract. No protects the divine spark we carry, and Maybe offers agency, a way to build a bridge from our No days back to our Yes.

**Author Bio:** Barbara A. Berger, PCC is a career and executive coach from PA now living the salt life in South Carolina. She believes in the magic of the intuitive whisper because the good stuff starts where the plan ends.

## Key Details:

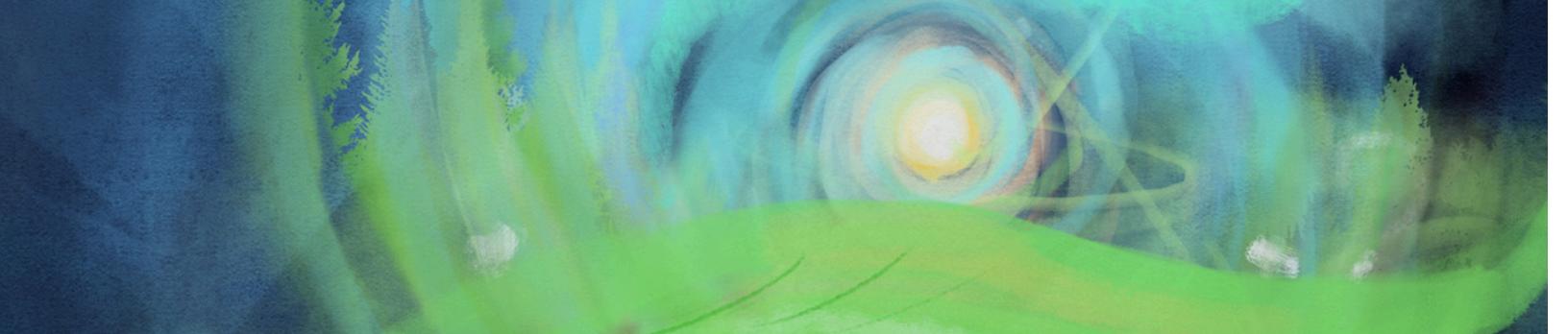
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- **Hardcover:** 979-89930985-3-1 (8x10)
- **eBook:** available on Amazon
- **Features:** 86 pages, illustrations throughout

**Availability:** Available now at local bookstores and online retailers including:

- Amazon
- Barnes & Noble
- IndieBound
- Books-A-Million

## Media Inquiries & Review Copies:

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# GET IN TOUCH

Interviews. Podcasts. Collaborations.

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**BARBARA A. BERGER, PCC**

Remember your Yes. Protect it with No. And may your Maybes lead you home.

