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Author of New Book on Achieving Wealth and Health to Hold Free Workshop and Book Signing at Barnes & Noble on Dec. 13th

HOUSTON, TEXAS – November 28, 2018 - WenFang Yang Bruchett, author of *The C.A.S.H. Formula* - a just-released how-to wealth-building book with a twist – will hold a free financial workshop and book signing at 4:30 p.m., Thursday, December 13 at Barnes & Noble in First Colony Mall, 16535 Southwest Frwy, Suite 4000, Sugar Land, TX.

During the workshop, Bruchett will give the audience tips on improving their finances heading into 2019; and will cover topics such as improving credit scores, budgeting, saving, becoming debt-free, and maintaining one's health. In fact, the C.A.S.H. acronym in the book title stands for: Credit. Assets. Savings. Health.

Bruchett will then sign copies of *The C.A.S.H. Formula*, which builds on the workshop content and offers her proven strategies for success that combine hard-hitting financial tactics with a dose of mindfulness and wellness.

Bruchett is the founder of Bliss Finance, which helps start-up businesses and consumers become bankable, as well as a former corporate banking executive for a global leader in financial solutions. She is a sought-after keynote speaker and seminar leader where she shares her financial formulas with students, entrepreneurs and consumers alike. She is well-versed in guiding consumers and business owners in how to obtain loans, get out of debt and improve their finances.

In her new book, Bruchett discusses how she used her financial know-how to survive losing almost everything in Hurricane Harvey and being displaced from her home for nearly a year. And the fresh outlook she gained as a result is what makes her book but compelling.

“It wasn't until I lost everything during Harvey that I realized how empowering my financial know-how was. It was invaluable to my getting back on my feet and reclaiming my financial footing – and I now, more than ever, want to share that knowledge with as many people as I can.”

“The experience with Harvey also gave me something a little less tangible but immensely powerful: perspective. And that is where the health and wellness aspect of the book factors in,” she added.

The book gives strategies and step-by-step guidance to financial freedom specific to attaining loan approvals, capitalizing on credit, leveraging assets, saving wisely and maintaining overall health. It addresses issues like: Poor health and poor eating habits along with consequences of too much borrowing, lack of cash reserves, lack of budgeting, and not understanding credit.

“Attaining ultimate wealth is a balancing act of sound financial practices coupled with the right mindset and a healthy body,” said Bruchett. “And remember, you can live the life you always dreamed if you combine financial fitness with physical and mental fitness.”

For more information on the author her business, BlissFinance, go to blissfinance.com.

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