

MIND-BLOWING HAPPINESS™

Discovering the Path to Authentic Joy and Fulfillment

Happy is the New Sexy!
Passion. Purpose. Potential.

Trish Ahjel Roberts is a self-actualization coach and happiness expert, with a background in corporate sales, finance, Buddhism and yoga. She is the founder of Mind-Blowing Happiness LLC and Black Vegan Life™ and holds an MBA. After years of working with many unhappy, but wealthy, clients, Trish saw a need to teach what she had learned from studying Buddhist and yogic philosophy. She quit her corporate job to share her revolutionary 12-step approach to Mind-Blowing Happiness™. She is the author of three self-help books on the topic, the e-book, *Mind-Blowing Happiness™ Guide to Self-Care*, the self-help memoir, *Thinking Outside the Chrysalis: A Black Woman's Guide to Spreading Her Wings*, and the inspirational journal, *12 Steps to Mind-Blowing Happiness: A Journal of Insights, Quotes & Questions to Juice Up Your Journey*.



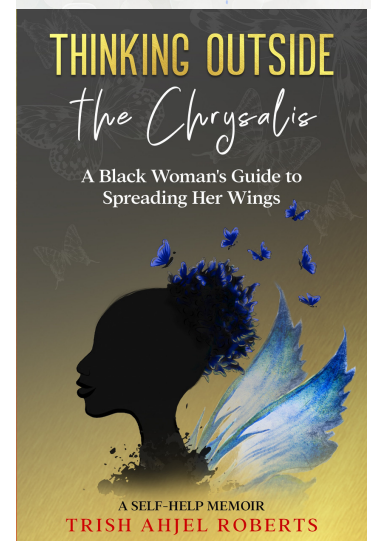
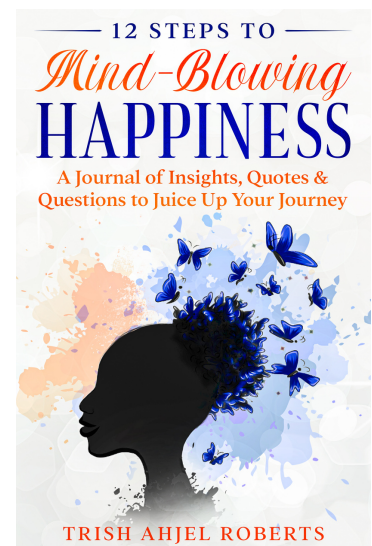
Trish Ahjel Roberts
'Interview this
Self-Actualization Coach
and Happiness Expert'

Story / Show Ideas

- **The ONE Biggest Rule for Happiness** I will teach your audience how to **completely remove anger from their lives** with the 4-step "Tame & Reframe" technique.
- **The Love M.O.B and the Three A's of Relationships**
Romantic relationships are always a hot topic. I will teach your audience **the foundation for self-love and how they relate to romantic love**.
- **SIX Steps to Fall in Love with the REAL You** I will share easy ways to grow self-love and confidence.
- **THREE Tricks to Find Your Passion** I will show you how to **identify and share unique talents** to relieve stress and boost happiness.
- **ONE Spiritual Rule for Happiness** I will teach your audience **the critical difference between religion and spirituality** to unlock happiness.
- **THREE Steps to Heal Your Way to Happy** Healing is an important first step on the road to happiness.
- **Unlock your purpose** - I will lead your audience in a series of segments using journaling, fiery breathwork and a burning ceremony to **unleash their life's passion**.

Media Experience

- Many interviews in print, podcast, blogs, video and radio, including a 1-on-1 with Jack Canfield of *Chicken Soup for the Soul™* and interviews with WBLS-FM New York, Sheen Magazine, BlackMentalWellness.com and BobbyPen.
- Numerous published book excerpts and articles in *Natural Awakenings Atlanta* and *Oracle 20/20*



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TrishAhjelRoberts.com / Nationwide availability / Based out of Atlanta, GA.