

# MIND-BLOWING HAPPINESS™

## Discovering the Path to Authentic Joy and Fulfillment

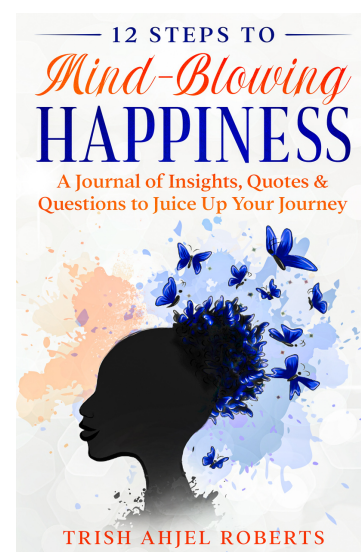
Today's culture has created an epidemic of fear, worry and isolation.  
Learn techniques to heal, connect, release anger, identify passions  
and share your best self with your world.

**Trish Ahjel Roberts** is a self-actualization coach, yoga and meditation instructor and founder of Mind-Blowing Happiness LLC and Black Vegan Life™. Trish was born and raised in Brooklyn, NY and holds an MBA from Long Island University. She worked as a Financial Advisor for twelve years at both JP Morgan and Merrill Lynch and spent eight years as a Corporate Account Manager for Verizon in NYC. 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. Trish left the corporate world and became the author of three self-help books: 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** is an engaging and sought-after speaker for any live event or webinar.



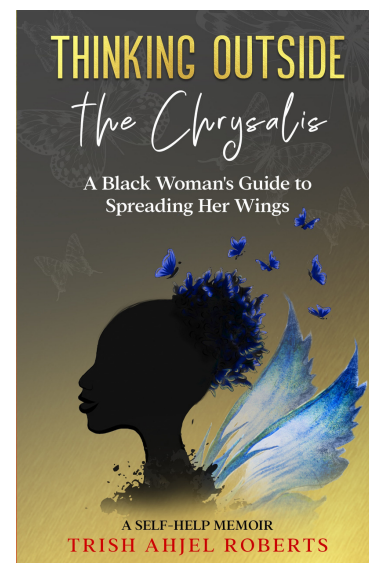
**Trish Ahjel Roberts**  
Self-Actualization Coach  
and Happiness Expert



**Trish Ahjel Roberts is available to speak for:**  
- **Women's Groups - Corporate Events -**  
- **Wellness Retreats - Entrepreneur Conferences -**

### Topics for Keynotes, Seminars, Webinars Include:

- **Put Passion Back Into Your Work-Life:** Discover Your Creative Sweet Spot Personally and Professionally.
- **12 Steps to Mind-Blowing Happiness:** The Self-Actualization Guide to a Robust Life.
- **Tame and Reframe Anger:** Acknowledge. Breathe. Empathize. Constructive Action.
- **Counter-Culture Authenticity:** Tap Into the REAL YOU. Become Self-Aware and Learn to Love Genuinely.
- **The Guaranteed Return:** Share Your Talents with the World for Optimal Fulfillment.



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**mindblowinghappiness.com / Nationwide availability / Based out of Atlanta, GA**