

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, happiness expert, yoga & meditation instructor and plant-based retreat organizer. She is the founder of MindBlowingHappiness.com 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*.



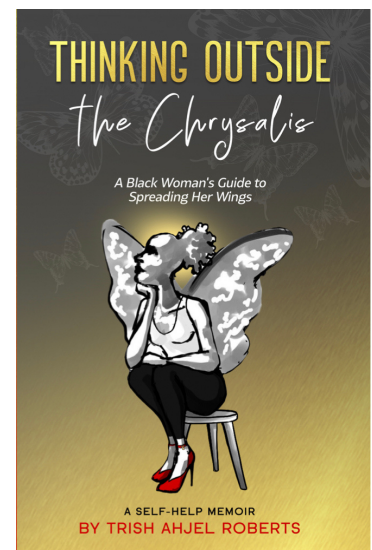
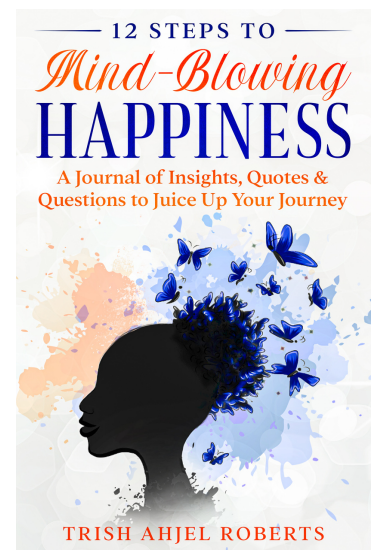
Trish Ahjel Roberts
'Interview this
Self-Actualization Coach
and Happiness Expert'

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.
- **SIX Ways to Build Your Village During COVID** Isolation is at an all-time high. I will teach your audience how to **build a mind-blowing support network** while waiting for a return to normal.
- **SIX Steps to Fall in Love with the REAL You** I will share **unique self-love tips**.
- **THREE Tricks to Find Your Passion** I will show you how to identify and share talents to relieve stress and boost happiness. Perfect for **Stress Awareness Month in March**.
- **ONE Spiritual Rule for Happiness** I will teach this transformational truth for the **Easter season in April**.
- **THREE Steps to Heal Your Way to Happy** Healing is an important first step on the road to happiness. This is ideal for **Mental Health Awareness Month in May**.
- **Unlock your purpose** - I will lead your audience in a **series of 3-12 segments** using journaling, fiery breathwork and a burning ceremony to unleash their life's passion and journey to Mind-Blowing Happiness.

Media Experience

- Many interviews in print, podcast, blogs, video and radio, including WBLS-FM New York, Sheen Magazine, BlackMentalWellness.com and Bobby Pen
- Numerous published book excerpts in Natural Awakenings Atlanta and Oracle 20/20



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