

# 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.
- **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 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 and journey to Mind-Blowing Happiness**.

### 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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