

The Bottom Line

palm springs

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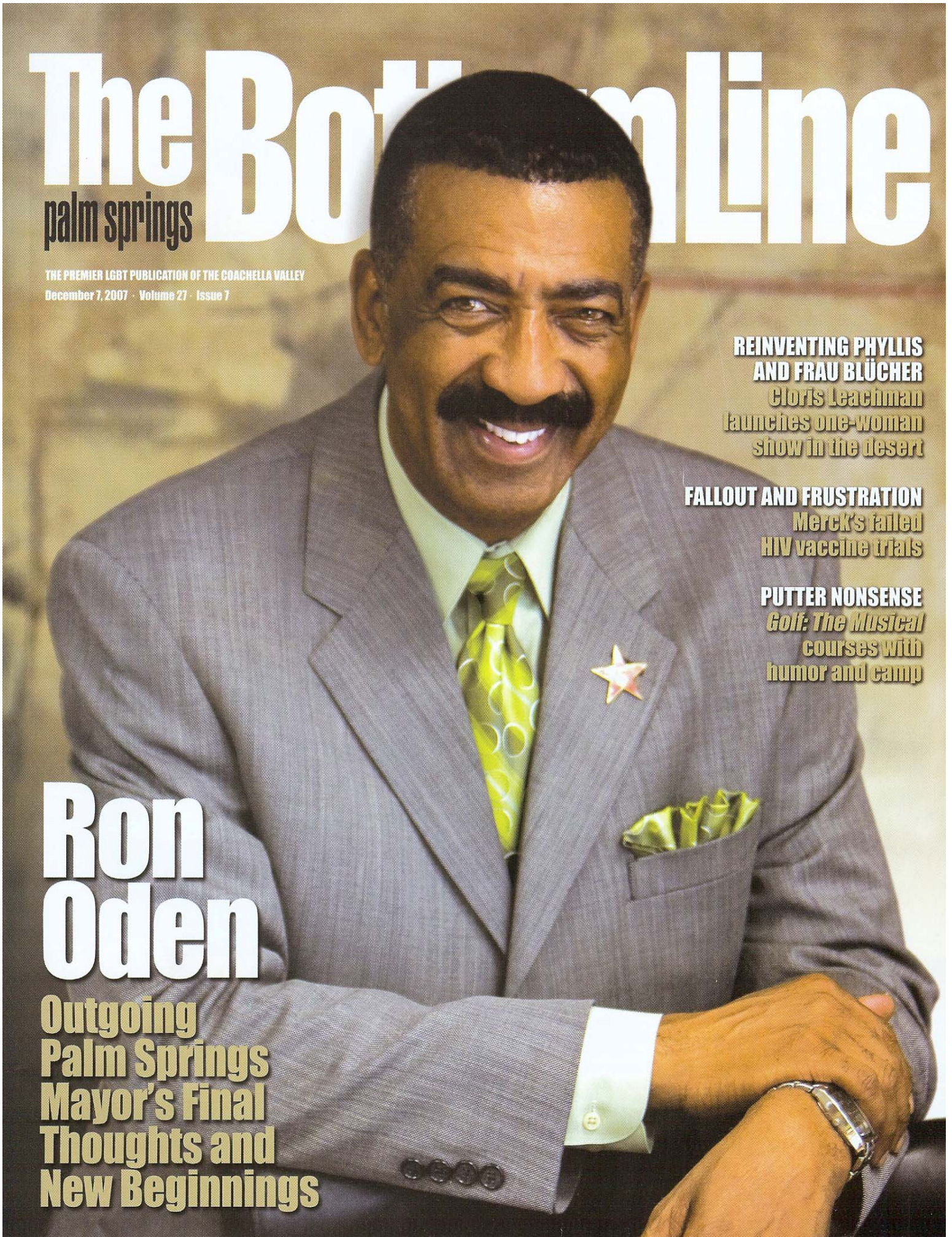
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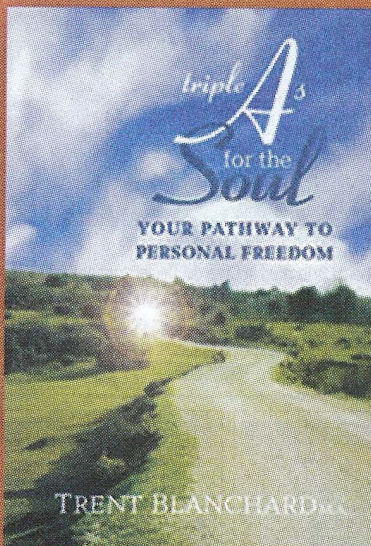
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COMMUNITY PROFILE WITH LIFE COACH TRENT BLANCHARD • PAGE 42
Photo by James R. Butchart



AN
A-PLUS
FOR
LOCAL
LIFE
COACH



TRENT BLANCHARD UNVEILS HIS FIRST BOOK

BY KIMBERLY NICHOLS

Noted valley life coach Trent Blanchard has a lot to be happy about these days. His practice is thriving, he is performing altruistic service through his role as a drug addiction counselor, and he's busy facilitating another in a series of *Artist's Way* workshops with his friend and fellow life coach Leslie Gebhart. He's also got a healthy body, a home in Palm Springs, a dynamic personality and a brilliant smile. Today, he's especially excited because he's about to release his first book *Triple A's for the Soul: Your Pathway to Personal Freedom*. He's positively glowing.

Trent describes *Triple A's for the Soul* as a road map similar to the process he takes all of his clients through in his everyday life coach practice. It is like a carefully constructed journey, which will help anyone who reads it step onto their own self-realized path, beginning with a look at the overall healing journey, expressed through personal accounts of the author's own process.

At one time, Trent was struggling internally, the same way he sees client after client struggle today.

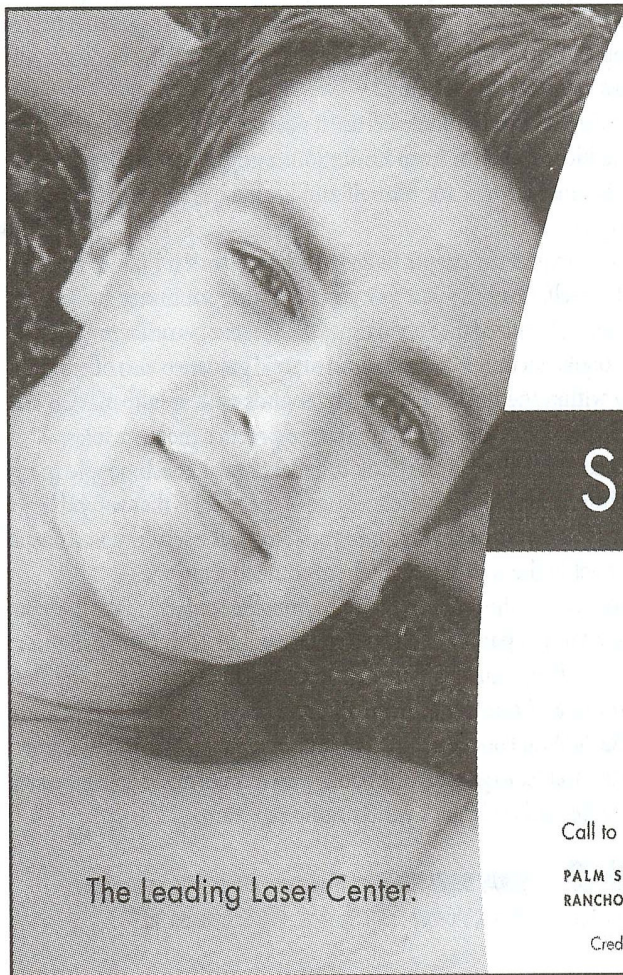
"I want people to understand that I was once where they are," explains Trent. "Less than a decade ago, I was living my life, caught up in the stories and patterns that were carved out for me at an early age. I had a good corporate America job in human resources in New York, I was navigating the land of relationships like everyone else, but I wasn't feeling like my life had meaning and I certainly wasn't waking up every morning with a sense of fulfillment. As I started to question and explore the parts of my life as I knew it, and I started to delve into the mysteries of psychoanalysis and the new fields of life coaching and energetic psychology, I found a profound source of truth and wisdom that inspired me to change the entire direction of my life."

This directional change was immediate. After being ordained an Interfaith Minister at One Spirit Interfaith Seminary in New York City, he packed up and moved to Palm Springs where he took a waiter's job to get him through continued schooling. In 2005 he received his Masters Degree in Spiritual Psychology from the

University of Santa Monica and began a successful life coach practice that continues today.

As a life coach Trent started to realize that all of his clients, regardless of their sources of unhappiness, shared the common goal of feeling out of touch with their true inner selves; the selves that start to form in childhood but that are covered up by parental and external influences. Instead of taking the traditional psychological roads through reliving painful, emotional experiences, Trent began instructing his clients on how to consciously get in touch with who they were in the here and now, simultaneously with remembering who their inner children had originally strived to be.

"Each of us is born for a reason and each of us have unique talents," he explains. "These talents surface in our lives as our passions and dreams. Our responsibility is to find our purpose and share it with others. The interesting thing is that when I originally start talking with people about changing their lives, they immediately experience a very real fear. This is the very same fear that keeps us stuck in habits and



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community profile

routines that no longer suit us. It's a very brave deed to not stay stuck in this fear, and that is the catalyst that gets us going. My job is to deliver the techniques to walk through this process in order to find one's true life purpose."

Triple A's for the Soul is Trent's attempt at spreading this message to everyone. In it, he explores various concepts and methods so that anyone can learn the tools of self-individuation. Chapters on the healing journey, conscious breath work, remembering truth, self-forgiveness, trusting the process, getting on purpose and on realizing dreams provide the same valuable information his patients receive.

"It's disconcerting that in this world we think happy, fulfilling lives are a pipe dream," states Trent. "Many of my clients need help in understanding that happiness is a normal state and that we don't need to feel selfish for returning to that knowledge. It is our very right. I try to help people achieve peace within themselves, and to realize that peaceful people create a peaceful world. It isn't an unrealistic concept, it is the most organic state of being."

He promises that the book will teach people how to not only be happy, but to achieve freedom from limitations and stale belief systems. He knows because it's true for himself and his life has become his biggest testimonial.

"I don't expect my clients to do their homework if I haven't already done it myself. Over the past few years as I have continued to dole out assignments, I realized that often times the student becomes my teacher."

The book, not only a compendium of solid guidance, also offers interactivity within the reader. Every chapter ends with an affirmation and action steps so that the reader can start to practice the principles.

"I created the flow of the book to reflect how I coach people in my own private practice. The basic message of the book is that you can have whatever you dream of having, once you remove the self-imposed obstacles that get in the way of having them come to fruition."

Three years in the making, *Triple A's from the Soul* will make its debut at a book launch party on Thursday, December 13th from 6-8 pm at the Viceroy Palm Springs. The celebration will take place in the Presidio Room and one dollar from all proceeds of book sales will go to the Make-A-Wish Foundation. Trent's also enlisted youth from the Ramon Alternative Center to giftwrap the books with monies raised going towards Ramon Alternative Center's winter camp program.

IF YOU GO — BOOK SIGNING Trent Blanchard's *Triple A's for the Soul*
December 13th, 6 – 8 pm, Viceroy Palm Springs, 415 S. Belardo Rd.

