

## **Amelie Chance**

Amelie Chance provides relationship advice based on techniques of positive psychology. Find Amelie & Als' 10 Step Process to Recovery From a Broken Heart at [www.HealMyBrokenHeart.com](http://www.HealMyBrokenHeart.com)

### **1. How did you get started writing?**

There has always been a part of me that has loved to write. In fact, during my career as a financial consultant I would often present my final client summary as a narrative style report. This didn't get me very far with my supervisor or certain clients, but the writer in me was quite satisfied! I have since abandoned all left-brained professions to focus on my writing.

### **2. What do you do when you are not writing?**

I'm a pathological minimalist. To that end, I am usually finding ways to donate clothes or dispose of furniture to keep things sparse in my typically undersized Manhattan apartment. I regularly practice Vinyasa yoga and love to bike. And, yes, since football season has started again, I have not been writing on Sundays – Go Giants!

### **3. What would readers like to know about you?**

I would like readers to know that I believe that everyone has a higher purpose in life - a path. I believe when we stray far from that path the universe likes to tap us on the shoulder and say, "Hey, you've taken a wrong turn!" I believe if you ignore this tap you will get a stronger nudge. I believe that if you ignore this nudge, you may just get a kick in the gut. My chapter in *Overcomer's Inc.* is about my kick in the gut and how, after falling, I found my way back toward my true purpose.

### **4. What inspired you to be a contributing author in *Overcomers, Inc.***

I have an aunt who is a world-class classical Indian dancer. She has danced for many heads of state including the Prime Minister of India and the President of the United States; she has choreographed dances for mega-stars such as Shakira. One day this powerful and amazing woman called me – crumbling. She explained, "People only see my dance success and they believe I am happy. You know what? I'm completely miserable. After 20 years of marriage, I haven't had one happy day with my husband."

I was shocked. What I had seen as a pillar of strength was now just a woman, as vulnerable in her heartache as any one of us could be, seeking advice. I searched around for the right words and for lack of better ones I told her my story of the perfect marriage ending in divorce. I explained how it was the best thing that has ever happened in my life.

Months later my aunt called me and said that she felt the energy from my courage and it had inspired her to find her own strength. It struck me, if my account told simply and truthfully could help one, maybe it could help many. I sought out a home for my story and found the *Overcomer's Inc.* project. It was a perfect match.

### **5. Why is the topic of *Overcoming* important to you?**

Adversity is a life inevitability. As such, it is relevant to all of us. There is a duality in adversity that is often overlooked: challenge is always coupled with opportunity. The *Overcomer's* project shines light on the flipside of a challenge and that is it is an opportunity to travel down a brighter, more authentic life path.

## **6. Why are you specially qualified to write about this topic?**

I am a Certified Coach of Positive Psychology or what the mainstream refers to as the Science of Happiness. My personal experiences allow me to feel genuine empathy for someone facing adversity and my professional training gives me the insight to provide the best advice possible.

## **7. How many books have you written?**

I've recently finished my first book and I am well into my second.

## **8. What are the titles of your books and what genres are they?**

My first book is entitled *Heal My Broken Heart: Using the Science of Happiness to Overcome Heartbreak* and my second book is called *Revolution Happy: How to Find Happiness in any Job*. The genre is Self-Help.

## **9. How do you manage to keep yourself focused and on track when you're writing a book?**

Routine, routine, routine!! I wake up around the same time each day and devote my mornings to writing, my afternoons to researching, and my evenings to planning out the next day. Writing can be a very singular task and this isolation can be a true challenge. In my case, the secret to overcoming this issue has been to join local writing groups and forums. Even if you are not working on the same project, the energy of those you surround yourself by has the potential to provide tremendous motivation. Frankly, I think it's the reason people join gyms – hard work loves company!

## **10. Do you write to make money, for the love of writing or both?**

I read that the average writer makes \$14,000 per year – hahaha! No, but to answer your question seriously, my father taught me a great lesson when I was young. He said, "Always chase the vision and the money will follow." I write for my love of writing and for my passion of the subjects upon which I write.

## **11. What makes you proud about your involvement with Overcomers, Inc.?**

The list is very long, but I'll give you my top reason. I have worked on teams for most of my professional life and have found that the major obstacles which you encounter on a team are not lack of skill, but rather lack of a common intention. This project has 38 authors, an amazing publisher, marketing mentor, and dozens of behind the scenes partners that all carry one *strong* and *powerful* intention: Inspire people with stories of hope and courage. It's been an amazing journey.

## **12. Will you write more books?**

Absolutely. As long as I can write (well, let's be honest – type), I will continue to publish more books.

## **13. What do you have in the works now?**

I'm writing books guiding people to find their own holy grail – happiness. Everything we do including the jobs we find, the mates we seek, the lifestyle we lead is because at the end of the day, we hope these things will bring us more happiness. I'm writing books that short circuit these activities and increase your happiness no matter what your life circumstance. My next book is called *Revolution Happy: How to find Happiness in any Job*.

**14. What does the future hold for you and your books?**

The subject of my books is merely a by-product of dealing with the current times. The financial climate is grim, job losses are high, and the divorce rate has peaked; yet despite all of this, people can be happy. For me, the future includes educating and training people to find happiness and using every medium available including television, magazines, books, etc. to get my message across. I may even rent a propeller plane and fly 'how to find happiness' banners around major global cities!

**15. What makes this a book that other people MUST read and WHY?**

Einstein felt so strongly about the power of example that he once said, "Setting an example is not the main means of influencing another, it is the only means." The stories in Overcomer's Inc. are beautiful examples of the human strength, courage, and grace.

**16. What people NEED to read this book and WHY?**

More than those who need a pick me up or encouragement to hold faith in their dreams, this book is for the ordinary. This book shows us that there is extraordinary in everyone ordinary.

**17. What sparks your creativity? Any tips to help others spark their own creativity?**

My creativity is sparked by activities that put me in flow. Positive Psychologists describe "flow" as the state in which we are so absorbed in a particular task that we barely notice the passage of time. It's akin what some call being in the 'zone'. Everyone has something that puts them in flow – painting, cooking, singing, programming websites, or whatever engages you to the point where the rest of the world falls out. Incorporate one of these activities in your life daily and you will find that your creativity spurs a momentum that cannot be contained.

**18. What do you think motivates people to become authors? What motivated you to get into this unusual industry?**

I believe everyone has a story. Whether that story is a true memoir of one's life or a product of a wild imagination, the story resides within us all like a song that is dying to be sung. It was time for me to sing my song and that's what motivated me to begin writing.

**19. Tell me about the most unusual things you have done to promote any books?**

With my book, Heal My Broken Heart, I have joined divorce support groups to tell my own story and to refute the myth that time heals all wounds. I generally get a following of people interested in what I have to say and I promote the book. I believe in the healing power of my book, so once I attend a meeting, it usually goes well from there. I hope that's not too crazy – I am divorced, after all.

**20. If a potential reader thinks that your book wouldn't interest them, what would you say to convince them to buy? I'm thinking something better than "It's the greatest book ever." Give me something more specific :)**

I'm a storyteller, so I would tell a story.

Dick Hoyt has run in over 1000 road races. Wait, that's not the amazing part. 85 times he has run 26.2 miles in marathons. 212 times he has participated in triathlons. Wait, that's not the amazing part. Dick is 67 years old. Nope, hold your awe – here it comes. Dick has done all this whilst pushing and pulling his disabled son across every finish line. [Pause] Oh, it's ok to be amazed now.

Dick's son, Rick, was born with his umbilical cord tied around his neck leaving him brain damaged and with four useless limbs. Rick has been in a wheelchair his entire life and communicates through a device rigged to his mouth and fed to a computer. Rick once typed out to his father that he wished he could participate in a charity run at his high school. Dick, a self-proclaimed porker at the time, decided to push his son's wheelchair through the race. Afterward, Rick told his father that while they were running, it was the first time he felt like he wasn't disabled!

From that point on, Dick decided it would be his mission to free his son from his disability by running every chance he got. Dick is an inspiration that has taught us all if you put your mind to something, nothing is impossible.

I tell people that I know even if they've heard that story before, they felt goose bumps after hearing it again because I feel goose bumps every time I tell it. Stories inspire. Examples empower. This is the essence of Overcomer's Inc and why it is a must read.

**21. What is your final message to our readers?**

Stories inspire. Examples empower. Overcomer's Inc. gives us both – get it, today.

To get your own copy of Overcomers, Inc., True Stories of Hope, Courage and Inspiring AND enjoy dozens of wonderful gifts with your purchase go to <http://overcomersinc.com/booklaunch>