

Anne Berube

Bio:

Live. Learn. Gather. Teach. Repeat.

At the age of 23, Anne Berube's life was interrupted by a near fatal car accident and a mystical experience. Trapped in the car, unable to breathe, she had a vision that forever realigned her life's trajectory. Even after this dramatic experience, there was still much work to be done. Subsequent years were marked by chronic pain, emotional distress, and malaise. Her journey of introspection and personal transformation would lead to profound insights around self-healing, happiness, and inner peace. Now living her purpose every day, Anne is a powerful teacher with an uncommon ability to share her story and insights in a way that awakens the inner wisdom in others. Her accident ignited a passion for sharing her experience and knowledge, and she has made it her life's purpose to help individuals remember the happiness within them.

A lifelong seeker of wisdom, her hunger for learning has led her to achieve much formal education including a Bachelor of Education (Leadership Focus), a Master of Arts (Literature) from Queens University, and a PhD in Comparative French and Francophone Literatures from the Université Bordeaux 3 in France.

In addition to her formal education, Anne has studied Vedic wisdom with Dr David Simon and Deepak Chopra at the Chopra Centre in Carlsbad, California; was initiated into Huna by Hawaiian Kahuna Laura Kealoha Yardley; received certification from Louise LeBrun as a certified WEL-Systems Institute facilitator; and completed a course in NeuroPsychoidiology Life Coaching under Dr. Amanda Wintink at the Centre for Applied Neuroscience. Anne's book *Be Feel Think Do* will be published by Hay House in May 2017.

In 2007, driven to share her experience with others, Anne founded Autopoetic Ideas: a social enterprise that supports healing and transformation by gathering people to share inspiring content through live experiences. Projects range in scope from intimate workshops and coaching programs to community gatherings to massive events and

conferences. Through her own workshops called The Happy Sessions, she has refined the process of Be Feel Think Do and has helped hundreds of individuals discover an inner freedom and a connection to their own unique source of sustainable happiness. Her work has also allowed her to share the stage with many of her heroes, including bestselling authors Wayne Dyer, Deepak Chopra, Julie Daniluk, James Van Praagh, Anita Moorjani, Gabrielle Bernstein, Dr. William Davis, and Gregg Braden.

She lives with her husband and two children in Halifax, Nova Scotia, Canada.