

Nathalie Botros

**PSYCHOTHERAPIST
AUTHOR
HAPPINESS COACH**

SHE IS THE HAPPINESS AMBASSADOR

Spreading Smiles on a Daily Basis

www.thebon-vivantgirl.com



HER BOOK

If You Are What You Eat Should I Eat A Skinny Girl?

HER ONLINE COURSES

Love your Body, Now!

Be Single and Happy, Now!

How to Find the Right Partner

HER VIP COACHING

Create your Happiness Cocktail with your own ingredients for Love, Move Smile, and Enjoy

AS SEEN ON



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MAGAZINES

iHOLISTICLIFE

THRIVE
GLOBAL

POWER.

INSPIREhealth

Authority Magazine



Nathalie, the Bon-Vivant girl is a psychotherapist, author, and life coach who lived all around the world before landing in New York. Her multicultural background gives her a unique approach to coaching. She helps women find happiness on a daily basis regardless of external factors within themselves, so they can move forward living their best lives.

Author of "If you are what you eat, should I eat a skinny girl? ", Nathalie coaches women not only to find happiness regardless of their body image but also to love and accept every inch of their bodies. She also teaches them to be happy regardless of their relationship status, and how to find the right partner.

Nathalie has been on the cover of "Best Holistic Life" and "Healthy Life" Magazines. Her Happiness Tips are followed globally by millions of viewers across social media platforms, podcasts, and magazine articles. She is the Happiness Ambassador spreading smiles throughout the world!

Speaking Topics

RULES OF HAPPINESS The four major rules to find Happiness: Love, Move, Smile, Enjoy

BOOK "If You Are What you Eat, Should I Eat a Skinny Girl?" - Loving and Accepting your Body and losing weight without losing your Appetite for Life

YOUR HAPPINESS HORMONES How to trigger your four Happiness Chemicals to get your daily D.O.S.E. of Happiness

BOOK NATHALIE TO SPREAD HAPPINESS FOR YOUR NEXT EVENT OR PODCAST

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