

Elana Davidson

Bio

Elana (rhymes with Nirvana) Davidson is an emotional health and happiness coach and the best-selling author of the book “Finding Your Own Happy: The Soul Searchers Guide to Peace and Happiness in Everyday Life,

She specializes in helping empathic and sensitive women end emotional turmoil, (re)claim their confidence and experience real peace- so they can be free to create lives they truly love.

After decades of personal exploration, self-reflection, spiritual practice, work with all sorts of healers and modalities, and even going to therapy, Elana wondered why she still struggled with sometimes debilitating depression and had to work so hard to be happy. Not finding satisfactory answers from those she turned to for help, she embarked on her own personal quest that brought her to revelations, insights and understanding that helped her transform her inner turmoil and to assist others in doing the same.

Elana's professional training spans decades of exploration and study in fields of consciousness, psychology, personal development and energy healing and, along with her natural empathic and intuitive abilities, inform her work with clients. She is also a certified Transformational Kinesiologist and holds a BA in Child-Study and Human Social Dynamics. When not traveling the world sharing her message and her healing gifts, Elana lives in the beautiful town of Moab Utah.



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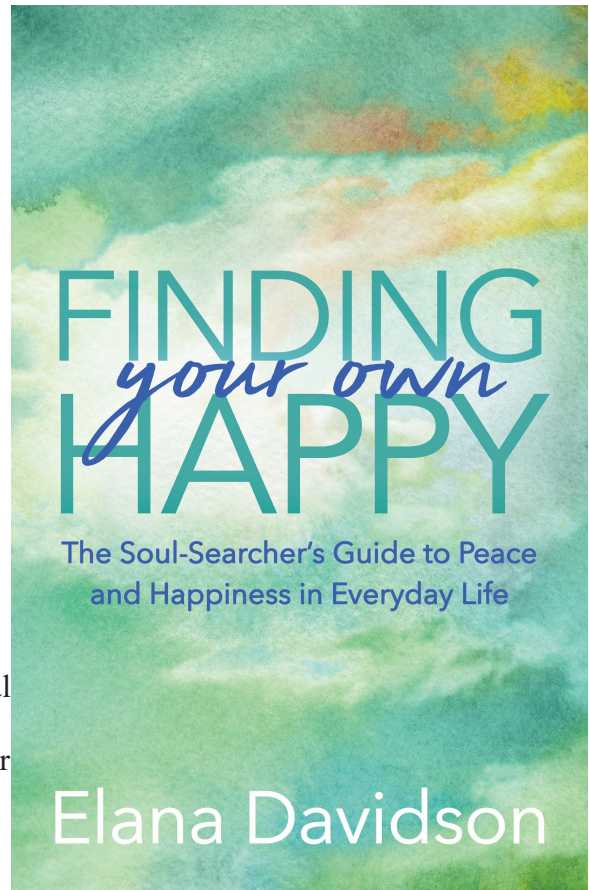
Finding Your Own Happy: The Soul Searchers Guide to Peace and Happiness in Everyday Life

Part self-help, part personal narrative, Finding Your Own Happy gives the perpetual soul searchers, who seem to continually experience inner turmoil and emotional upheaval, the missing insights, keys, and tools that could finally make the difference.

With more than just trite answers or quick fixes to complex problems, Elana Davidson takes those searching for happiness deep into their own experiences and psyche to help them discover what is true for them, and what is uniquely required for them to feel sane and happy.

Finding Your Own Happy serves as an in-depth guide for the conscious soul searcher who wonders why, after so much work on themselves, they still aren't all that happy.

Inside, Elana helps readers understand why therapy isn't making a difference, the impact of adverse childhood experiences, and why everyone needs their own individual methods to reach happiness. Finding Your Own Happy isn't a one-size-fits-all prescription of happiness but rather points readers in the right direction and gives them the tools to discover on their own what will get them to a place of true happiness and well-being in their life



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Self-help/Personal Growth/Happiness

Book reviews

“A deeply personal exploration of humanity, healing and finding one's happiness. Inspiring!”

- Kate Dow, Ph.d Author of *Fear-Less: The Art of Using Anxiety to Your Advantage*

This book provides a deep dive into self awareness - the true place where happiness exists. Packed with practical insights to unlock self-discovery!!!

- Marc Cordon, Success Coach and Author of *Beyond Resilient*

Your book has helped me capture some very valuable perspectives of my struggles... I thought you would like to know! Thank you for your work!!

-George Whiteside, *Acupuncturist*

The author is both talented and genuine. Most importantly the story is compelling. I've learned a few new things about myself! Definitely worth having in hand as a hard copy.

-Geni Dem, Founder and Ceo of *Infinite Trees*

This book is overflowing with steps and tools and resources that help each person connect with what happiness is for themselves, aside from what the world says it should or should not be. Thank you Elana for being courageous enough to jump off the bandwagon and choose to be different, wonderful, and happy.

-Kaylin Foster- *Professional Artist*

Elana has hit a home run with this helpful book. It's exactly the reminder or wake-up call we each can benefit from, not just once, but any time we open its pages. Elana's down-to-earth perspective helps us free ourselves from old paradigms of thinking, acting, and reacting. I would recommend this thoughtful book to anyone who wants to enjoy and find their life becoming more rewarding.

-Dawn King, *Sunburst Publications*

Interview Topics

- How your subconscious relates to finding happiness
- Do we all have PTSD? The role of unrecognized and unresolved childhood trauma on happiness and wellbeing.
- Missing keys to finding your own happy
- Why traditional forms of therapy might not be working for you and what you can do about it
- What hardly anyone will tell you about your emotional health and overcoming chronic unhappiness (also sometimes called depression)
- Overcoming emotional exhaustion, drain and overwhelm and reclaiming energy and vitality for your life.
- Why being nice can cost you your life

Sample Questions

Q: Who was it written for and what do you hope for them to gain from it?

A: I wrote the book for my fellow soul-searchers, who like me have tried so many kinds of healing, therapy, personal development and spiritual practices and don't understand why things that seem to work for other people aren't working for them and they are still not all that happy. I hope they gain the tools and insights to understand what they've been missing and put them to use to create true happiness in their lives.

Q: How would someone know if they are the type of person who would benefit from reading your book?

A: Well, if you're the person I just described above you would definitely benefit from reading this book. If you've felt like maybe you're just different than other people or don't work like other people, this book could be for you. If you've been told or thought that you're "just too sensitive", this book will be very helpful for you. If you have feelings or moods that you don't understand or know where they come, or they just show up out of the blue, you'll benefit from reading this book. If you tend to take care of everyone else and miss out on being cared for or taking care of yourself, this book will have something important for you. If you struggle with being social or feel uncomfortable or just off in groups of people, or if you've wondered your whole life what's uniquely wrong with you that doesn't seem to be wrong with other people, you'll probably benefit from reading this book.

Q: On the back of your book it mentions the number one thing that keeps you from your happiness... What is that?

A. Well, for my clients and for the ones the book is written for, the number one thing that folks are missing is that they are actually empathic. You can't fix, solve, heal or resolve something that didn't belong to you in the first place, so if you are picking up on other people's sadness let's just say, and thinking it is yours and trying to work out the source of your sadness in therapy you just aren't going to find it. It's just awareness. The next time you get around a sad person- or actual you don't even have to be around them- I can feel my mom's sadness or other stuff from thousands of miles away- and sense their sadness if you don't realize it's not you, you're going to feel sad, or whatever other feelings you're aware of, and you're going to think it's you and there's something wrong with you.

Q: Why should people listen to you and not, say a Ph.d Psychologist?

Well, I wouldn't say don't listen to the PhD's out there because they also often have something valuable to add to the conversation. I don't discount scientific research, I think there's a lot of great work that is super valuable. Also there's a lot of value in hearing from someone who has lived through the things you've struggled with and come out the other side, and has success helping other people do the same. Sometimes people who are struggling with happiness want someone who can really relate to and understand what they are going through. There are certainly PhD Psychologists that might have that, but there are also many who share little to no relevant life experience and that doesn't always feel like the most relatable or helpful person to talk with. There's also the old joke that says psychiatrist and psychologist are the ones who need it the most. A stereotype for sure, but every stereotype holds a grain of truth. Also the rules surrounding what a therapist can and can't say or do are very different than they are for coaches. The premise and aims of such relationships are also often very different and more focused on diagnosis and treatment. Many folks who struggle with being happy just want to be seen and understood and not through some psychological or diagnostic label. What I offer as a coach is really about empowering my clients to find their own truths and to find what works for them. I think there's a time and a place for therapy and for some folks that is going to be the best route, but there are also many, including myself that have had little to no success with therapy and are in search of something different.

Q: What sets you and your work apart from other approaches out there including traditional therapy but also other alternative practices?

A: The number one thing that sets me apart from pretty much any other form of therapy, personal development or healing that I've tried, and I've tried a lot, is that I don't assume that just because you're experiencing it, it's yours. This is huge. This is why so much of what I did didn't work for me. I was empathic and that was a central factor in my struggles. Pretty much every other practitioner I've ever been to didn't question whether what I was experiencing was truly mine. It's like what I said before, you can't fix, solve, heal or resolve something that doesn't belong to you in the first place! I start from the premise that my clients are empathic-

we all are to some degree- and that the most important step in any healing process is to sort out what is actually yours and what is not. Let's get clear on the 98% of everyone else's stuff that you're picking up on and carrying around, let's clear that out of your space, and then let's address the 2% that truly has to do with you. You might think I'm exaggerating about the percentages, but really when you start to apply the tools I talk about in the book you realize just how incredibly much of what goes on in your world is just awareness and isn't even you.

Q: In your view, why doesn't therapy seem to work for some people?

A: Aside from what I just said above, which I think is the number one reason it doesn't work, there are a few other reasons, which I also talk about in the book. Second to being empathic is that most of our feelings, experiences and behavior is created and facilitated at the subconscious level, so if you go to traditional talk therapy, you're just talking about what you're already aware of, not the deeper underneath stuff. A really skilled therapist might be able to help you get in touch with those deeper layers, but it often takes a lot of time. Also, what I noticed when I went to therapy is that it was very easy to hide stuff I didn't want to talk about or didn't want the therapist to see. Sometimes I also felt that the therapist didn't get me or was steering me in a direction that really didn't feel true for me. The therapist is supposed to be the expert, but what do you do when you realize you might know something or be wiser or more insightful about certain things than (s)he is? It can be rather uncomfortable!! So much in therapy is dependent on the client-therapist relationship and it takes a lot to get that right. I know there are some people that have really great relationships with therapist that really work for them, but it never worked for me or for many other people that I know or have worked with. Again, the design of a client-therapist relationship is very different than the coaching model and often the focus is on the problem. You can get really good at understanding all your problems, but it sometimes isn't all that empowering or creating real change. I saw a friend just sort of crumble in front of me relaying that her therapist said she had relationship addiction issues. It made her feel worse about herself and her life, not better- one more reason to think that she was truly broken and wrong- and not at all empowering. There's a whole chapter in my book on this subject titled *Why Therapy Might not Be Working For You and What You can Do About it*. If this rings true for you, I highly recommend you read it!

Q: Isn't clinical depression just a chemical imbalance in the brain?

A: According to what I've read, there's actually not consensus on that and that theory has been largely debunked. Since I didn't want to be labeled or diagnosed as crazy I avoided putting myself in positions where I would have received that diagnosis, though I'm pretty sure that some of what I've experienced throughout my life would qualify as clinical depression. I know so many folks who were diagnosed and did the medication route and it didn't actually help them. In many cases they found other things that did. I do believe that there is a physiological component to depression that is important to address but can often be corrected through other means than prescription medications. I don't talk about this at length in the book but I do touch on it briefly including what was most helpful for me.

Q: Are you saying that you don't believe in medications?

A: No, I'm not saying that at all. I hear from folks who swear that medications have saved their lives. It's not my place to make a judgment on that and I would never encourage someone to stop taking medications without professional help and input. What I say is if it's working for you, then great, don't change it. If it's not working for you, either because it didn't make a difference, you can't stand the side affects or you just don't want to be on drugs, then lets look at what else might be going on that could truly make a difference. We have gotten so comfortable with treating symptoms with medications rather than looking at what those symptoms are telling us. Great if medication is the difference between life or death for you, and also let's look at what might be the underlying source or cause of so much pain and see if we can heal some of that as well.

Q: Who's work or writings have inspired you in writing your book as well as in your work?

A: When I was thinking about who I would ideally like as a foreword author for my book the person who came to mind was Gabor Mate. I love his insights about the affects of childhood experience on emotional wellbeing as well as his acknowledgment of the affects of social and societal contexts on or mental health and emotional wellbeing. Alice Miller, Author of *For Your Own Good: Hidden Cruelties in Child Rearing* also really informed my understanding on the affects of childhood experiences on our mental and emotional well-being. *The Boy Who Was Raised as a Dog* is another in that category. *Nonviolent Communication* is also something I studied for many years and changed the way I think about feelings and the human experience. *Access Consciousness* also provided me with amazing tools and insights that influence and contribute to my work and I am also as a trained practitioner of *Transformational Kinesiology*. Caroline Myss's books as well as the work of Louise Hay also had a significant impact on me as did the book *Love Medicine and Miracles* by Bernie Sigel. I also read a lot of Eckart Tolle at one point in my life. Those are the ones coming to mind right now.

Q: What would you say are the top three things people are missing to finding their own happy?

A: I've already touched on them a bit, but number one is definitely being empathic and not realizing it or knowing how to work with it. There's a lot of secondary issues that come from being empathic that folks don't even realize. Second, I'd say that working with the subconscious is super important and if you don't do that you'll only have limited insight and effectiveness. People often think of the subconscious as this scary, murky thing but really it's just like all the automatic files that you put in place to handle your experiences so you don't have to manually process each input every time. Unfortunately they are often outdated and could be still operating from the perspective of when you put them in place, say when you were only five. When I first started working with Transformational Kinesiology, and I talk more about that in the book, it was like being given the key to the treasure chest of myself. I could see things about myself and patterns in my life that I never had access to before and it was really so insightful and liberating. It helped me address and change things I don't know I could have any other way. I'm biased but I really think this is the greatest tool for understanding your

subconscious and releasing your old patterning. The third thing I see wreaking havoc in people's lives and affecting their ability to be happy is unresolved childhood traumas. I really think that far more people than we recognize are suffering from one from or another of PTSD from childhood. It might just be triggered in one particular area of their lives, but it can still show up and send them reeling and affect their ability to function or build lasting stability. This was true for me and I see how the same patterns show up in other people's lives. Also, I don't really address this in the book, but I think that lack of a clear and positive vision for ones life has a really dampening and depressing affect. If you don't have a vision for your life, you're much more likely to focus on and even create lots of problems. When you really have a dream or vision then that becomes the focus and where your energy goes and you don't have so much time to think about or focus on all your perceived problems. I guess that's four things, but these seem to be some of the biggest ones.

Public Speaking/interviews

- Toastmasters Moab Chapter President
- Trainer for *Social Harmony*- a social welfare school based program
- Featured guest on *Every Day is a New Day* video cast with Kim O'neill
- Twice featured Guest on *Everyday Peace* with Rd. Dravon James on *Unity Online Radio*
- Multiple appearances as a featured guest on *Expanding Awareness* with Victor Venckus, WZBC
- *Mind Your Own Business* with Scott Sullivan on *Inspired News Radio*
- Multiple interviews on *Mental Insights Podcast*
- Guest on *Voices of Mental Health*
- Guest on *Super Powers of the Soul*
- Host of show on *Journey Into the Light* show on blogtalk radio for one year
- Guest on *Searching for Integrity* with John Smith
- Guest on the *Andy Griffith Show*
- Guest on *Popoff* with Mary Jane Popoff
- Guest on *Live Wire* with Steve Barnard
- Guest on the Rhett Palmer show with Rhett Palmer
- And several others