

MODERN LUXURY

MANHATTAN

CHARLIZE
THERON

"I would like to think that I am a woman who is comfortable and celebratory of my strengths, and indulges in the qualities that make me feel beautiful."

THE FASHION ISSUE

CHRISTOPHER KANE / JÉRÔME DREYFUSS / CAROLINA HERRERA / JULIANNE MOORE

The Life Coach

"I have yet to meet someone who's completely balanced," says Angella Nazarian. "Everyone has a different definition of 'having it all.' To me, what brings about fulfillment and vitality in life is fullness."

Nazarian is describing the underlying philosophy behind the new app she's developed, My Personal Coach, that reflects lessons learned from the very full life she's led. Indeed, Nazarian is fascinatingly accomplished and multifaceted—almost intimidatingly so. A former professor of psychology, Nazarian is a best-selling author who also speaks on topics of leadership, empowerment and personal growth at numerous international conferences, including her own. At the inaugural 2013 summit started by the Women A.R.E. Initiative (Aspire, Respond, Engage) that Nazarian co-founded, Sharon Stone, Wallis Annenberg and Chelsea Handler were among the speakers. And that's all on top of raising a family: She's married to and has two sons with David Nazarian, who owns numerous investment entities and hotel properties, as well as many philanthropic concerns.

Visionary Women is the name of both a new book Nazarian is authoring and a nonprofit devoted to advancing women's causes internationally,

and this theme echoes throughout her work, spanning publishing to technology. Nazarian's first book, *Life as a Visitor*, documents her abrupt move to Los Angeles from her native Iran at age 11 during the outbreak of the Iranian Revolution, and the subsequent cultural adjustment she made in her new U.S. home under political asylum. Her second book, *Pioneers of the Possible: Celebrating Visionary Women of the World*, focuses on the lives and achievements of global trailblazers, ranging from writer and philosopher Simone de Beauvoir and former Israeli Prime Minister Golda Meir to architect Zaha Hadid. (Those writing the jacket blurbs—the likes of Arianna Huffington, Tina Brown and Martha Stewart—prove equally accomplished.) "I'm building a platform devoted to women's empowerment," says Nazarian. "But most of those topics and values are in books and aren't interactive. I wanted to combine them with the reach of today's technology."

To that end, Nazarian has distilled the knowledge from all of these experiences into iOS-compatible technology with My Personal Coach. Designed to maximize self-growth by inspiring the user by concentrating on personal strengths, goals and priorities in a customizable program, My Personal

Coach serves as a sort of FitBit that develops your personal growth instead of your calves.

"When you train physically, you have to break muscles in order to build them," says Nazarian. "It's the same in our patterns of life: To manifest something big, you have to change something small every

day. That's exactly the kind of mindfulness My Personal Coach helps you with—it brings engagement to who you really are at the core. If you push a little bit all the time, you get far better results. It's those small changes in our lives that really affect the big picture." Available on iTunes—Matt Diehl

ONE STEP FORWARD

My Personal Coach iOS app creator Angella Nazarian, who splits her time between NYC and Beverly Hills (where she's seen here), aims to help users better organize their lives.



PHOTO BY MELISSA VALADRES