

Media Kit; Andrea Wright

Intro

DID YOU TINGLE TODAY?

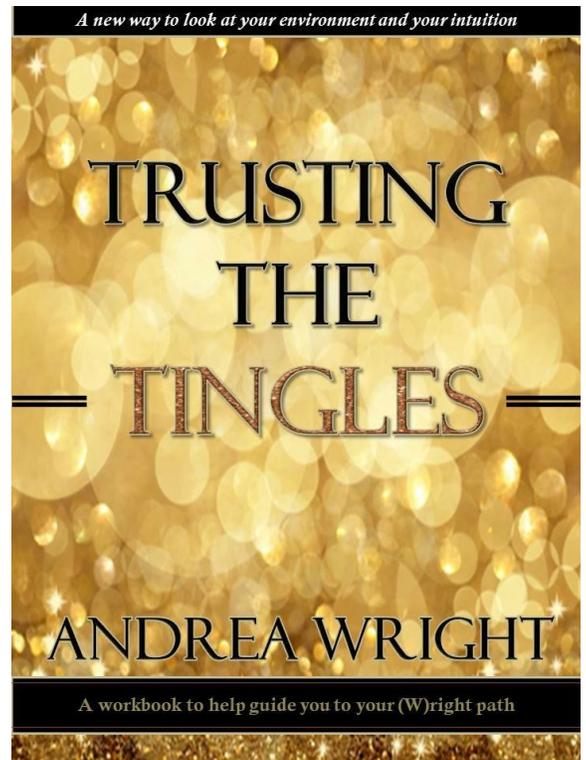
What if I told you that by learning to trust your intuition, that you can have the answers to all your questions: (love career family), quell your fears, and live a happier, more fulfilled life? Well, Andrea Wright, has written a book on it: *Trusting the Tingles*. It's a workbook filled with exercises and real life examples that will help you, too, trust your tingles.

Bio

Andrea Wright graduated from the University of Illinois, Champaign-Urbana (Psychology and Advertising) and studied coaching at the South West Institute of Healing Arts in AZ. Working her way through corporate America, Andrea gained great insight in her ability to coach! After working 15 plus years, Andrea turned her love of coaching into a business, The Wright Path. Here, Andrea provides Life, Career and Executive coaching. Andrea's first book, *Trusting the Tingles*, was published in February, 2016 and is available here: [Trusting the Tingles Amazon](#) and here: [Trusting the Tingles Barnes and Noble](#) .

As a LIFE COACH, Andrea works with individuals to help them reach their full potential regarding goals they have set for themselves. Being a life coach is a service itself! It gives her great pleasure to see people transition from a place of uncertainty to a place of assuredness, confidence and freedom.

Andrea lives in the Northern suburbs of Chicago, is a part-time vegetarian, yoga enthusiast, and mother of one teen (help!!!).



Contact Information

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About Trusting the Tingles

I wrote TTT in the span of three months. It was my fifth book (all others are mysteries/thrillers), and the first to catch the attention of a publisher. As a coach, and when working with people, we'd talk I'd guide them down a path and inevitably at some point, he or she would say, "I knew the answer (to whatever big-life question was posed), but I didn't trust my intuition or myself."

TTT is a workbook designed to help the reader delve in and do actual exercises that will help them flex their intuitive muscles and learn to trust their environment, themselves and their intuition.

TITLE: Trusting the Tingles

AUTHOR: Andrea Wright

PUBLISHER: 220 Communications

DATE OF PUBLICATION: February, 2016

RETAIL PRICE: \$15.99

ISBN: 978-1-5136-0790-051599

PAGES: 60

Proposed Interview Topics:

- Learn to trust your intuition (tingles)
- Using your intuition to find love
- Maintaining your goals/resolutions
- Love yourself (first)

Testimonials

“Andrea is very intuitive in her coaching, she seems to know just what you need to hear and how to best deliver it. I fully recommend Andrea as a life and career coach.” ~T. Camera, actress and business professional

“I can’t wait to share this interview with the world! I’ve never learned so much about intuition!” ~L. Poole, dating coach
{To broadcast May, 2017}

“I’ve worked with Andrea for over a year, and the time spent is invaluable. My business is booming and I am in a happier and healthier place in my life. 40 really is the new 20!” ~D. Hirsch, real estate developer

“Trusting the Tingles is a great, quick read and a great resource to help one start to listen to that voice that can help us in difficult times. The exercises are easy, fun and a great way to start to trust yourself again!” ~Anonymous

Author Q&A

Intuition, where does it come from?

First, I don't believe that we use 100% of our brain. I think the brain is a very capable organ and part of our gift of intuition is wrapped in there somewhere.

I have rather large eyes, and people would always comment on how observant I was as a child (and then later in life as well). I think all children have that innate ability to "just know" something. My daughter from a very young age, months even before she could speak would react to people very differently. It was amazing to watch, and is maybe what re-sparked my interest in intuition.

Have you ever had a feeling, a hunch, or just suddenly "knew" something, some fact about a person place or thing? That's your intuition literally screaming at you. I believe we take in way more information than we even know about our environment. When we tap into that part of our brain, these feelings or observations, we can access our intuition.

How can I tap into my intuition?

Just like anything, if you want to get better at something, you exercise it. In my book, *Trusting the Tingles*, I created exercises to help you learn to identify what ways you best tap into your intuition. As everyone is different, there are different ways people receive information. It can be visual (seeing signs), a dream (your subconscious), tactile (tingles) or just knowing something.

How can you learn to trust your intuition?

My suggestion is to start out small until you feel enough confidence to follow it unconditionally. When I wrote the book, I wasn't using Netflix because I thought I can't look at one more thing, as my DVR is constantly hovering around 5% usage. However, I found a cute way to engage: Use your intuition to check out a Netflix series, knowing nothing about it. Quiet your mind and focus on what you think you want to see: a particular genre, and then what else do you see? colors, objects etc. When you scroll through the Netflix shows, does something resonate? Don't cheat by going to the recommended for you shows...

Once you begin to tap into your intuition, however you do, it can be scary. Can you talk about that?

Like anything, new can be scary. There are intense situations where people went left instead of right, their normal pattern, and missed an accident. Or they completely ignored all the signals and payed for it.

But what about matters of the heart? I date a lot, and I do so with complete confidence that my intuition will lead me to the person I'm meant to date at that moment. After a tingle, I very recently ended a year long relationship. When I shared this with my mother, she relayed that she liked the energy between us because she thought he was what I needed at the time. She couldn't be more right. He was, and was a part of my path.

You have to crawl before you walk. When you meet someone, take a moment to reflect on your feelings about the person, what do you observe about him or her? It goes way beyond is the person attractive, tall enough, in shape, etc. there are so many intangibles that come through: how did he treat the waitress? Did he get your opinion on the date i.e, what movie, what type of cuisine, how did he make you feel: anxious, excited, bored, smart, beautiful, insecure...those intangible signs are your intuition telling you something. After the date, meditate, how did you feel about him or her, do you want to see this person again? Why?

How did you learn trust your intuition?

When my daughter, Blythe, was 14 months or so, I became concerned that she wasn't walking. She wasn't complaining or fussy or tugging at her ear, but I just knew she had an ear infection because her balance was off. It was a feeling I couldn't ignore, and I just knew I was right. I took her in and explained this to her doctor who then checked her ears (at my insistence) and looked at me in disbelief. She indeed had an infection and once it cleared, she began to walk. I just stopped doubting myself (and naysayers) and started trusting the feelings I was having. Being a mother helped with this as well. Sometimes, as a mother, you're the only one with the answers.

Talk to me about life coaching, how did you start?

When I was in corporate america, what I found was that I was more engaged in helping my staff rather than the politics that are inherent in CA. In my first

managerial role, I had a staff of about 20, which is a lot for a 20-something year-old, but I what I found is that I was energized by helping them meet their career life goals. This was the single best thing about the role, and it's been the case at each company, regardless the industry. I knew that I was on my “wright path” and what I wanted to do.

What are you working on now?

I'm working on my next book, Knowing. It's the working title at the moment. Also promoting my life/executive coaching business, The Wright Path:
www.thewrightpath.net.



The Wright Path

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