

About Judith Wright

**Author of *THERE MUST BE MORE THAN THIS:
Finding More Life, Love, and Meaning
by Overcoming Your Soft Addictions***

Judith Wright, educator, trainer, and seminar leader, co-founded the Wright Institute for Lifelong Learning after twenty years of developing innovative, inspirational personal growth programs for universities, corporations, and individuals. Students at the Chicago based Wright Institute take courses and enroll in programs to develop and fulfill their potential in all areas of life–work, relationships, self and spirit.

Judith is the country's top expert on "soft addictions," a term she coined the term when she began teaching the program over twelve years ago, to help people find more life, love, and meaning by overcoming their soft addictions—the seemingly harmless habits that numb us from our feelings, take our time, and zap our energy. Judith has blazed many other trails in human development, too. She once designed cutting edge programs to help adults with disabilities attend college and modeled nationally recognized programs to support children with disabilities and their families. She founded the Society of Femininity in Action (Sofia) to help women maximize their power and service, leads pilgrimages to world-wide sacred sites, and supports exceptional relationships in her dynamic couples and other trainings and programs.

Judith's work has been covered widely in the media including Good Morning America, the San Francisco Chronicle, and more. She is a frequent speaker, for events like the Whole Life Expo and SingleFest, for groups like the Association of Humanistic Psychology, the Junior League, and the National Association of Women Business leaders, and for corporations such as Bank One and AC Nielsen.

In her new book, ***THERE MUST BE MORE THAN THIS: Finding More Life, Love, and Meaning By Overcoming Your Soft Addictions (Broadway, March 25, 2003)***, Wright shows simple, everyday ways to greater fulfillment. She addresses the challenges that so many of us face every single day of our lives – knowing there is something more, yet not knowing what or

how to find it. Judith Wright guides people to fulfill their deepest yearnings, showing how they are trapped in soft addictions – and leading to a path of liberation and satisfaction.