

THE SOFT ADDICTION SOLUTION

Break Free of the Seemingly Harmless Habits That Keep You from the Life You Want

“[The Soft Addiction Solution] is a timely book that reminds us that the physical, emotional, and spiritual nourishment we seek can be ours once we begin to let go of habitual behaviors.”

Deepak Chopra
Author: *How to Know God*

“Sometimes a small shift in perspective can open up a new world. That’s what Judith Wright helps people do. She shows us how to transcend the numbing pressures of life and emerge into a transformed, fulfilling level of existence. If you have the feeling that there is more to life awaiting you, this could be the nudge you need.”

Larry Dossey, MD
Author: *Healing Beyond the Body, Reinventing Medicine, and Healing Words*

“Judith Wright has written an inspiring and rich text that will motivate any reader to believe it is possible to heal all addictions.”

Carolyn Myss
Author: *Anatomy of the Spirit and Sacred Contracts*

“It is very revealing just how much of what we do follows certain recurring patterns we are barely aware of, if at all. Judith Wright will share with you insights that will alter your self-perspective forever. And that’s a good thing!”

James Redfield
Author: *The Celestine Prophecy*

“Judith Wright has a big heart, a huge soul, a clear mind, and a deep commitment to help others. These shine through her wise and perceptive book [The Soft Addiction Solution] which will help all of us live a healthier and freer life. Read it and use it and realize its truth for yourself.”

Andrew Harvey
Author: *The Direct Path and Sun at Midnight*

“Bravo to Judith for offering a fresh new way to help us slow down, cut the trivial, and create the meaningful lives we're all yearning for.”

Janet Luhrs
Author: *The Simple Living Guide, Simple Loving, and publisher of the quarterly Simple Living Oasis*

“[The Soft Addiction Solution] is an invitation to move beyond our soft addictions to create a life of true fulfillment and purpose. With a heartfelt and gentle touch, Judith inspires us to make life choices that nourish and uplift us.”

Debbie Ford

Author: *The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dream* and; *The Secret of the Shadow: The Power of Owning Your Story*

“[The Soft Addiction Solution] addresses the subtle sabotage that underlies the majority of people's behavior. It is timely, appropriate, and important for those who want to illuminate their choices, and change their behaviors in order to fulfill their lives.”

Chérie Carter-Scott, Ph.D.

Author: *If Life is a Game, These are the Rules: Ten Rules for Being Human; Negaholics: How to Overcome Negativity and Turn Your Life Around*

“This is a book of great importance. “Great importance” because of the message it carries to Society itself. Drawing from her own life experience, as well as knowledge gained as a seeker and “life-coach,” Judith Wright brings a necessary critique of our society, that is ruled by “soft addictions.” What are “soft addictions” but a clinging to values that are superficial and ultimately unsatisfying. In place of this chase, she suggests (and she can validate this from her life and the lives of those she has coached) that “there is more than this” in the pursuit of higher values. This means releasing one’s inner potential and talent, one’s pursuit of higher values, the extension of service to others, the re-establishment of our innate love-spiritual capacity. Thus, the book delivers the message that indeed “there is more than this.” Never has the broadcasting of this message been more necessary or more opportune.

In addition to the message, her book guides the reader skillfully toward self-inspection and consequent growth into satisfaction, self-realization and service to creating a better Society.”

Maurie D. Pressman, M.D.

Emeritus Professor of Psychiatry, Temple University School of Medicine

Co-author: *Twin Souls*

Author: *Visions from the Soul: Enter the Supermind*

“I find Judith’s book to be a refreshingly practical and accessible guide for facing truths about self-deluding addictions and the other “demons” that obscure our deeper purposes, waste energy and spirit and generally keep from making real work possible. This book is one that you can pick up, read from any page, for 2 minutes or 2 hours, and walk away happier and lighter for the load-lifting experience. It’s full of useful nuggets.”

Gary Hirschberg

President and CEO, Stonyfield Farms