



PO Box 91869, Austin, TX 78709  
512-891-6100  
www.braintrustink.com

**MEDIA CONTACT:**

Kesley Smith - (512) 891-6100  
ksmith@greenleafbookgroup.com

**FOR IMMEDIATE RELEASE**

***BrainTrust Ink Author, Amy Wong Invites You to Live & Lead on Purpose***

March 25, 2022 (Austin, TX): Amy Wong, Author of *Living on Purpose* publishing 5/24/22 will be hosting a virtual event Thursday, April 14, 2022, from 1:30 PM - 2:30 PM. During this event, you will learn the ultimate (and almost counterintuitive) mental shift for achieving flow in your performance, innovation, and collaboration with others.

During this event, you will;

- Understand the sole cause of mental barriers, stress, negativity, and exhaustion
- Learn the shortcut way to identify hidden drag in your performance and impact
- Practice a 4-step process to create flow, improve your mood, and increase your creativity

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**About *Living on Purpose*:**

For all of the people who feel like they've been wandering around for years and wondering how to feel in their own life, how to feel more connected to the people around them and truly satisfied by the life they're creating, *Living On Purpose: Five Deliberate Choices to Realize Fulfillment and Joy* is the guidebook they've been waiting for. It solves the pervasive feeling of lack and dissatisfaction that we can't figure out how to fix. It fills the hole that can't be achieved by more stuff—more money, more status, or the next big thing.

**About Amy Wong:**

Amy has an intense passion for helping people thrive and live into meaningful joy and satisfaction from living, leading and communicating without fear and false perception. She thrives on helping others live and lead on purpose.

For more than 20 years, she has devoted herself to the study and practice of transformation. As a certified Executive Coach using expertise in transpersonal psychology, design thinking, interpersonal neurobiology, and Conversational Intelligence®. Amy has provided thousands of transformative experiences for individuals, executives, teams, and organizations.