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A Transformative Road Map to a Life of Joy

New book from Amy Wong explores five key choices to shift readers to a mindset of possibility and freedom

Austin, Texas [DATE] – Transformational leadership coach Amy Wong’s new book shows readers how to feel more connected to the people around them and how to truly lead a satisfying life. People from all walks of life can become plagued by feelings of dissatisfaction and deep questioning, and Wong helps lead the reader to achieve a life of profound joy.

[Living On Purpose: Five Deliberate Choices to Realize Fulfillment and Joy](#) (BrainTrust Ink; May 24, 2022) is a guidebook to help readers get past the pervasive feelings of lack and dissatisfaction by explaining how to fill the hole that can’t be achieved by more money, more status, or the next big thing. Seamlessly merging her personal and professional experience with aspects of social neuroscience, Wong brings intellectual rigor and profound insight to the map of five choices she presents.

Publishers Weekly BookLife called *Living On Purpose*, "Practical and philosophical, Wong uses her platform well—and enthusiastically—to share the wisdom she has gained having coached a diverse array of people... Her prose is straightforward and welcoming, her tone that of a coach merged with a motivational speaker, making it clear that she’s rooting for her audience while still exuding the professionalism and gravitas of a high-powered executive. General self-help readers will enjoy Wong’s encouraging demeanor and her gentle prompting to live a life filled with purpose."

"Using examples from my own journey of transformation and examples of my clients’ breakdowns and breakthroughs, this book teaches you how to exercise five distinct choices to feel good, free, whole, and at peace on a regular basis," said Wong. "This book will guide you through the practice of living on purpose back to your true self."



Anuradha Muralidharan, Chief Operating Officer at Expensify, said of Wong and *Living On Purpose*, “To say that Amy Wong changed my life would be putting it mildly. Anyone interested in getting out of their way and unlocking their creative reserves should read this book. And then read it again!”

Pick up your copy of *Living On Purpose* and stay updated on Amy Wong’s endeavors by visiting alwaysonpurpose.com.

About the Author

Amy Eliza Wong is the founder of Always On Purpose®. She is a transformational coach and facilitator working with the biggest names in tech, organizations such as Salesforce, Facebook, LinkedIn, and more. Amy offers transformative leadership development and cutting-edge communication strategies not only to executives and corporate teams around the world, but also in the halls of academia, with institutions such as Stanford University and the University of California at Berkeley. Amy pulls from various disciplines, studies, and practices to find a consilient approach to achieving genuine and lasting success—what she refers to as “the fundamentals of thriving.” Amy graduated from UC Berkeley with a B.A. in mathematics and has an M.A. in transpersonal psychology from Sofia University. When she’s not writing, researching, and speaking, Amy spends time in the Bay Area with her husband and two children.

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