

“It’s simple—and life changing. *The One Decision* is right! I love the fact that an entire book is dedicated to this profound truth, so ‘obvious’ that it is more often than not ignored.”

**—Tom Peters, author of the
New York Times bestseller *Thriving on Chaos***

THE ONE DECISION:

Make the Single Choice that Will Lead to a Life of More

by

Judith Wright

“If you knew that one decision would drive you and govern every other decision, would you be interested? This is the significant power of this book.”

—Stephen R. Covey, author of *The 7 Habits of Highly Effective People* and *The 8th Habit: From Effectiveness to Greatness*

Look around. Have you noticed the handful of people leading truly *great* lives? Not average, plodding lives. Not yearning-for-meaning, marching-in-place lives, but vibrant, extraordinarily satisfying lives. What’s their secret? What do they know that the rest of us don’t?

After twenty-five years spent guiding people on the elusive road to self-fulfillment, author and educator Judith Wright has the answers to those questions. Now she shares the secret along with a lifetime of wisdom in **THE ONE DECISION: Make the Single Choice That Will Lead to a Life of More**, a startlingly simple yet brilliant roadmap to a better life.

The difference between a vaguely satisfying life and a truly *great* life depends on a single decision, says Judith Wright, an internationally respected inspirational speaker, educator, lifestyles expert, corporate consultant, and bestselling author. It all comes down to making the decision to pursue **MORE** in life, she asserts—more love, fulfillment, purpose, satisfaction, meaning, abundance, contribution, intimacy, and spirit. But to do that, it’s imperative that we reject a dissatisfied, sleepwalking existence and be fully present in an adventurous new kind of life. It’s not specifically *what* we do that’s

important, but *why* we're doing it. That seismic shift in awareness and purpose, says Wright, is the key to a satisfying life.

In a world obsessed with “bigger and better,” it may come as a shock to some that the measure of a successful life is not whether we earn the biggest salary or have the most high-tech toys. Nor is it about meditating, eating organic, and doing yoga all the time. In fact, it's not a formula at all. On the contrary, a successful life comes from living a life of purpose, what some would call a deeply felt life. Unconventional and empowering, **THE ONE DECISION** is a potent statement to creating a bountiful, fully realized life.

THE ONE DECISION begins with an in-depth look at the power that comes from a life-changing commitment, then offers nearly a dozen illuminating paths to finding the one that works for you. In chapters like “The Adventure,” “The Truth,” and “The Good Fight,” it explores what the author calls the “ten facets” of **THE ONE DECISION**, detailing how each approach can positively shape your life. Brimming with real-life stories from those who have benefited from Wright's philosophy and action plans, each section points the way to discovering your unique One Decision, the guiding philosophy that will direct all the smaller decisions of your life.

Once this life-transforming approach is identified, the author offers a practical approach with a 30-day guide that breaks down the process into three stages: Awareness, Action, and Application. Filled with practical advice and insights, the month-long program supplies a blueprint for building the life most people long for, with each day offering a fresh insight and easy-to-follow exercises that include...

- Morning reflection—a meditation designed to jump-start the journey each day.
- Daily life assignment—a specific activity that incorporates one of the facets of the One Decision.
- Evening reflection—a closing activity to chart progress using a journal or other form of record.

Candid and encouraging, Wright reminds us that the life we live is a choice, and we build that life with every decision we make. **THE ONE DECISION** is no easy fix, she warns, and fully living your One Decision takes a lifetime. But with this inspiring and pragmatic book as a guide, she reveals that a great life is within reach if we're committed enough to grab it.

ABOUT THE AUTHOR:

Judith Wright is an internationally recognized speaker, educator, trainer, lifestyle expert, and corporate consultant. She founded the Wright Institute in Chicago with her husband after twenty years of developing innovative education and personal-growth programs. She is also the author of *The Soft Addiction Solution*.