



First Intelligence: Using the Science and Spirit of Intuition

Simone Wright

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Practical Ways to Tap into and Use Your Highest Wisdom

Each day, we are bombarded with data and opinions, and each day we must make choices that steer us toward our own best approach to life. And, according to Simone Wright, we often forget or don't understand how to use the best tool available: our intuition, which is our "first intelligence" that can cut through the chatter to inherent wisdom. She explains that intuition is an innate and universal biological and energetic function that can be used like a human GPS system to guide us toward effective action and peak performance. Riveting examples and powerful exercises demonstrate how we can use this "sixth sense" as naturally as any, in all areas of our lives.

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