



# You Already Know What to Do: 10 Invitations to the Intuitive Life

*Sharon Franquemont*

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We experience intuition as an instinctive action, a flash of inspiration, a moment when we feel one with the world. Intuition tells us what to do: how to make that difficult decision or achieve a creative breakthrough—and one has been teaching or writing about the subject longer than Sharon Franquemont.

Drawing upon twenty-eight years' experience teaching intuition in college courses, seminars, and private training, through challenging exercises and illuminating narrative, Franquemont explores this great natural resource on a life-changing level. Her perspective is unique. Intuition not a quick-fix tool to reach superficial goals, she believes, but rather a way of being: a means by which to harvest a more passionate and powerful existence. In addition to the traditional topics of creativity, decision making, and problem solving, *You Already Know What To Do* includes information on (1) the role of intuition in discovering purpose, (2) intuition and the Soul Mate process, (3) collaborative intuition in work teams and families, (4) mastery of intuitive time and space, and (5) how to tap your passion, power, and purpose on Earth. To date no one but Franquemont shows how intuition can improve collaboration in business and group settings, or teaches couples how to use intuition to deepen relationships.

Best selling books like Laura Day's *Practical Intuition* have barely begun to tap the power of intuition. *You Already Knows What To Do* reminds each of us that we are born with InQ, intuitive intelligence, as well as IQ and that we have only to tap into our innate InQ abilities to reap the rewards of a more connected and effortless life.

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