

Adrian Emery

PHILOSOPHER · AUTHOR · MENTOR

PODCAST MEDIA ONE-SHEET



THE 30-SECOND BIO

Adrian Emery is a philosopher, author and mentor from the Blue Mountains of Australia, and the founder of the **LifeWorks** philosophy. He has spent his life on one question — what actually makes a human life work — and is known for naming the seven inherited beliefs that quietly run our fear and striving. A warm, generous guest, he makes a big idea land in plain language your listeners can feel.

CONVERSATION THEMES

- **The seven beliefs running your life** — His own framework — and how to spot the one steering you now.
- **Personal sovereignty in a noisy world** — Thinking for yourself in an age of borrowed opinions.
- **Flow, purpose & your ikigai** — Finding the work and the life you're made for.
- **The paradigm shift & the New Human** — Why this disorienting moment is a beginning, not an ending.

RECENT INTERVIEWS

Think Your Way to an Epic Life · Sherry Winn

youtu.be/Q6JLS_W9ylQ

Elevating Your Life · Paula Vail

youtu.be/LSbRqTGahLY

Fit for Joy

youtu.be/tZAuj41rxrQ

Spiritually Inspired · Claudiu Murgan

youtu.be/_aVx6PIX37A

AT A GLANCE

- Founder of the LifeWorks philosophy
- Creator of TaoTuning
- Author of *The Temple of Understanding*
- CSIA Customer Service CEO of the Year (2010)
- Based in the Blue Mountains, NSW, Australia

BOOK ADRIAN

EMAIL

moranemery@gmail.com

PHONE · WHATSAPP

+61 409 567 114

WEB

adrianemery.com

SOCIAL

IG @adrianmoranemery · FB /adrianemery.author

High-resolution headshots available on request.

“Life is a gift, and we are here to enjoy life and be successful — it is our birthright.”

ADRIAN EMERY · LIFEWORKS