

Press Release

We Already Know EVERYTHING - "The Question Journey's" Trish Bishop gives us the Key

When we need answers, who do we, as adults, usually turn to? Experts - of course. Those wise and learned people who have the kind of advice that's sound and solid, right? But what if "we" already "know" the answers? What if we were our own experts - and could create the kind of change we needed in our lives? In her liberating book "The Question Journey™", Trish Bishop shows us how to stop fearing the unknown - by unlocking access to the knowledge we already have. Check out www.thequestionjourney.com.

"The Question Journey™" is nothing like the self-help books you're used to seeing. In fact, it's a guided self-development journal that helps us to acknowledge and silence the paralyzing and nagging doubts in your head. Trish suggests that we've been conditioned to think about and analyze everything in our lives to the point where we are no longer clearly receiving the messages from our own hearts. She believes that learning to listen to the wisdom of our hearts is the key to a life of joy, passion and contentment. In a recent interview Trish says, "If we truly listen to the personal development teachers of today, we realize that this is exactly what they want us to do - look inside of ourselves; stop looking to others for the answers for your life." Ultimately, Trish asks, "Who else but "you" knows the shape of your dreams? The size of your hopes? Your unique taste of success? The essence of your love? Or, what joy feels like just for you?"

Trish understands that change can be a scary thing. It means moving beyond our comfort zone and the habits that we've carefully constructed to avoid dealing with the emotional pain and traumas we've been carrying around for our entire lives. "This is the essence of "The Question Journey™", says Trish adding, "The Question Journey™" invites you to rip off the band-aid of these past hurts and traumas and allow them to heal so you can get unstuck and move forward with your life."

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What Inspired the Book?

Trish received her inspiration for the book while reading Joe Vitale and Craig Perrine's book, "Inspired Marketing". She says the concept for the book, its design, layout, the requirement for it to be collaborative and even that it needed to be in black and white were all ideas that flooded in to her over the course of 24 hours. Trish recalls writing furiously on post-it notes in the dark as the ideas continued to repeat themselves in her mind over and over again.

The collaborative aspect of the book incorporates questions and poems submitted by a diverse range of contributors, to local BC artists whose work has truly helped to inspire, invite and provoke readers to answer these powerful questions. When asked why the book needed to be in black and white, Trish says, "Colour can have a powerful impact on people. The intent is to open them up to possibilities but not lead them in a certain direction."

Book Synopsis

"The Question Journey™" is about helping readers tune in, turn up the volume and dig deep into these provocative questions to find their own path. It's also about "stepping up", as Trish would say; walking in your power, stepping into your own life and ultimately re-discovering your authentic self. That's both the most powerful, and at times scary, place to be- but one that Trish is enthusiastic about helping other people find.

The book is available in hard copy, and, leveraging her e-learning experience, Trish has also provided an interactive Online Journey that includes PDFs, interactive e-books and pod-casts for those who prefer a "green" option. Trish will be sharing her experiences on radio, online through her blog (<http://blog.thequestionjourney.com>) and at seminars.

About the Author

A Spiritual/Life Coach, author and speaker, Trish was formerly an IT Consultant designing and implementing global enterprise learning solutions for Fortune 500 companies. Upon realizing a deep level of discontent and feeling unfulfilled, Trish walked away from a lucrative corporate career to focus on helping others reclaim their lives. "The Question Journey™" is the first of several books planned in a series of similar books.



Endorsements

"I love this book. It's totally refreshing and unique. I interview a lot of amazing authors with incredible books, but this book for me for some reason rose above the noise. I think there is a great element of fun and learning in this book. Fun and learning is a good thing"

~ **Jesse Dylan**

Author of "The Good Life" and Host of "The Good Life Show" www.jessedylan.com



There are times in one's life when a gift comes along bearing treasures of unimaginable value. These powerful offerings often appear innocent at first - until one embraces them - and then the magic unfolds. The Question Journey is such a gift. On the surface it holds beautifully inscribed pages of what appear to be simple lines of text - the questions. Yet, here are the doorways to the most powerful source of wisdom in the universe - ourselves. Having walked the path of transformation thousands of times in my career with my clients and the more powerful quest of my own transformational passageways - I feel blessed to have found a vehicle to make the journey ever more powerful, exciting and enjoyable. Great work Trish! And Thanks

~**Lesley Southwick-Trask**

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"...The strategy behind this beautiful undertaking [The Question Journey] is such that it engages the reader to journey on a path of discovery and truth, calling upon our own innate wisdom to recognize and become aware of that which we may not want to even acknowledge about ourselves. The questions throughout this book are brilliantly thought-provoking yet, in their simplicity, compel the reader to question where, exactly, our limiting beliefs are stemming from. The Question Journey shows us how we've allowed these beliefs to justify our complete absolution from any accountability in how our life is progressing. In asking ourselves these questions, awareness can be gleaned from the potentially destructive thought patterns that have stunted, if not completely ground to a halt, our own evolutionary growth..."

~**Maricel Piercey**

Author & Freelance Writer www.theguidedsoul.com

"The Question Journey is an excellent tool to help people get to the heart of who they are, what they want, and what they have to offer to the world. The open-ended questions are written in such a way that once one starts to answer them genuinely and openly, a deeper relationship with oneself is sure to emerge. And in the end, that is the most important relationship we have. I recommend The Question Journey to anyone who wants to explore their inner thoughts and ideas to enable a more creative approach to life."

Bernadette McCormack

Artist www.bernadettesart.info

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About the Author



Trish Bishop grew up in Lower Sackville, a small bedroom community just outside of Halifax, Nova Scotia. She was accepted to Mount Saint Vincent University directly from Grade 11 due to her high level of academic achievement. However, a bit of a rebel, Trish despised all aspects of university life and within three months she stopped attending classes.

Fast forward three years and Trish was a 20-year-old waitress, a single mother and effectively a high school dropout. Upon receiving her first, and last, welfare cheque she decided to take responsibility for her own life and provide the best life possible for her son, Devan.

Trish met her husband Paul when Devan was 6 months old. Paul encouraged Trish to return to high school to get her Grade 12 and then take a Business and Information Technology course through the Nova Scotia Community College the following year. During this time Paul and Trish delivered 200+ newspapers each morning starting at 4 am. Trish then went to school from 8 am until 3 pm, and then worked at the *Chronicle Herald* newspaper from 3pm until 8 pm, getting home just in time to put Devan to bed each night. Weekends were time for Devan and homework.

Near the end of her business course Trish was offered a position with Atlantic Connect, one of the first residential Internet Service Providers in Canada. She recalls trying to convince people that “someday email will be a great idea.” This experience launched Trish’s career as an IT Solution Implementation Specialist. She went on to work as a Senior Project Manager, Requirements Manager and Solution Architect, designing and implementing global enterprise learning solutions for Fortune 500 organizations.

Another turning point came when Trish was diagnosed with Scleroderma in 1998, just after giving birth to her daughter Brooke, and was told that she would be lucky to live another seven years. Scleroderma is a rare form of Rheumatoid Arthritis that creates scar tissue inside of the body. Upon receiving her diagnosis, against the advice of all of her doctors, Trish refused all medications and decided to look for alternative healing options. These included practical methods, such as diet and exercise; however, she was most powerfully drawn towards learning how healing the spirit can heal the body.



About the Author

Much of Trish's healing journey was trial and error, yet within a very short period of time, she was able to not only stop the progression of the dis-ease, but to start to reverse the symptoms. In 2004, Trish and Paul read "The Detox Book" by Bruce Fife, N.D. One sentence in that book changed their lives forever: "The underlying cause for all dis-ease is malnutrition, toxic accumulation and excess stress." Trish and Paul decided that they would prove the theory. So they dedicated one year of their lives to nourishing their bodies with natural, organic foods; eliminating toxins through progressive and sometimes radical cleansing; and eliminating stress by letting go of their attachment to 'things' and 'expectations'.

The results were astounding. Both Trish and Paul, who were suffering from different auto-immune dis-eases, had the same result - by the end of that year they had virtually eliminated all symptoms of their prior conditions. However, Trish's journey wasn't quite complete. She knew there were still issues showing up in her life that needed to be addressed. So she continued to learn more about how the health of the spirit affects our physical bodies. She learned that, while toxins, malnutrition and stress may be the causes for dis-ease, how the dis-ease manifests can often be related to our emotional or spiritual health. For Trish, due to earlier childhood issues, she had closed off her heart to others, in essence restricting it - she believes the physical manifestation of that was Scleroderma, a very restrictive dis-ease. As Trish learned to once again open her heart to others, the remaining symptoms disappeared and her destructive patterns were replaced with a life of joy and deep contentment.

Trish does not consider herself an expert because she is asking these powerful questions. Rather, she will be the first to tell you that her expertise stems from the fact that she has had to answer each of these questions for herself throughout the course of her journey. She believes that each of us is our own expert, and the only reason we may feel otherwise is because we have dismissed our own intuition and inner knowledge primarily due to the fact that we have been conditioned to look outside of ourselves for what we have come to define as 'expertise' and 'knowledge'. Her hope is that *The Question Journey*TM can become a stepping stone for people to learn to trust their own intuition again, to trust that they can look inside themselves for the answers and, finally, to trust that they have the courage to voice those answers and allow their truth to take them on their own journey towards becoming their authentic self.

Trish and Paul's mission is "To educate and inspire others to wake up and consciously Choose2Live." As part of their commitment to helping others reclaim their lives, Paul has become qualified as a Registered Holistic Nutritionist and Trish has trained as a Shaman.

Trish lives with her husband Paul Bishop and their two amazing children on Vancouver Island, BC. Learn more at www.TheQuestionJourney.com and www.Choose2Live.com.



*"Death is not the biggest fear we have;
our biggest fear is taking the risk to be alive –
the risk to be alive and express what we really are."
~ Don Miguel Ruiz ~*



Sample Show Questions

The Book

What makes this book unique from all of the other self-help or personal development books on the market?

What recommendations do you have for people who are interested in getting started with “The Question Journey™”?

You’ve indicated that not everyone is ready for this book - how will someone know whether or not they are ready?

How can someone use this book and what can they expect?

What can someone do if they are working through the book and they get stuck?

The Heart

How do you define the difference between information and knowledge?

Why do you mean when you say we’ve lost the connection with our hearts?

How can “The Question Journey™” help people to reconnect with their hearts?

Why is this connection so important now?

Intuition

How have we lost touch with our intuition?

How can someone recognize when they are getting back in touch with their intuition?

What do you believe is the source of our intuition?

How can we strengthen our intuition?



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5 Ways to Get Started with *The Question Journey*TM!

1. **Be ready!** If you've had enough of searching for elusive answers and you're feeling like "it's time" then "The Question JourneyTM" is for you!
2. **Break the "buy your answers" habit.** If you feel compelled to buy personal development books, CD's, seminars, etc. STOP! They are all saying the same thing - look inside for your answers. It doesn't mean you won't ever buy them again, but when you do, you'll be looking at them through a new lens - your own!
3. **Shut off the chaos valve.** You've been spending far too much time ensuring you have no time. All of the excuses and stories in the world won't change the fact that this chaos is helping you to avoid what you don't want to deal with—looking at the emotional hurts and traumas that have been holding you back.
4. **Rip-off the band-aid.** We've been conditioned to hide our hurts and pain, to be strong - so we cover them up with emotional band-aids. When you leave a band-aid on a wound, it doesn't heal. It needs to be exposed to heal. Yes, just like ripping off your kids' band-aid, it's going to hurt, but you can move forward without carrying all of the emotional baggage around that's been holding you back.
5. **Cut the strings.** We've been conditioned to be and act in a way that is acceptable to society - they are pulling the strings of defining who and what we are. ENOUGH! When you judge yourself for how you want to dress or act, or say - before you decide to not do it because "they" won't think it's OK - define "they" (betcha can't do it!)

Key Messages

- Trish is not an expert telling people how to live their lives; "The Question JourneyTM" invites people to discover how to live their lives on their own terms.
- The essence of "The Question JourneyTM" is to allow people to look inside of themselves for their own answers.



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The Question Journey Press Kit

In The Media



NOTE: Sample radio interviews are available on *The Question Journey™* Podcaster @ www.thequestionjourney.com/contact.php

Event/Show Name	Host	Date
The Best People We Know Radio Show	Deb Scott	8/2011
Media 4 Success Radio Show	Jay Early	4/2011
Women's Entrepreneurs HQ	Krizia MissK	6/2011
Conscious Livelihood Web-Based Reality Show	Michelle Vandepas	3/2011
The Author's Show	Don McCauley	11/2010
The Entrepreneurial Moments Radio Show	Brian Sullivan	05/2010
Talking Purpose Web Video Show	Michelle Vandepas	03/2010
Deeper Than the Game on SpiritQuestRadio	ArLena Richardson	02/2010
Hollis Chapman Show on BlogTalkRadio	Hollis Chapman	01/2010
Island 30—CHEK News Vancouver Island (TV)	Gordie Tupper	01/2010
The Good Life Radio Show	Jesse Dylan	10/2009
Liquid lunch (via Skype)	Hugh Reilly	10/2009
Queenie's Happy Hour on Voice America Radio	Nancy Wegierski	10/2009
Navigating Your Life on Voice America Radio	Dr. Nathaniel Williams	10/2009
Conversations with Christopher on BlogTalkRadio	Christopher Reburn	09/2009
Dave Dickson Radio Show on 1070AM C-FAX	Dave Dickson	09/2009

To schedule Trish as a guest on your show, please contact: publish@choose2live.com

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Social Media



<http://www.TheQuestionJourney.com>



Become a Fan on Facebook



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blog.thequestionjourney.com



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Book Availability

Online

Get your copy at: www.TheQuestionJourney.com and www.Amazon.com

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