

Lizzy Wright is an author, consultant, and former intelligence professional whose career has been defined by risk-taking and transformation. In 2022, she transitioned into the world of storytelling, bringing a distinct analytical eye shaped by her unconventional experiences and education at Harvard and Georgetown.

Her debut title, *Aggressively Human*, tackles the uneasy intersection of aggression and empathy. In a world where masculinity is a moving target, it exposes a deeply personal journey toward becoming a healthy, well-adjusted man—and a fully realized human being.

Her second memoir, *Marinovich*, explores the turbulent life of Todd Marinovich. Dubbed America's first test-tube athlete, the book reveals the tapestry of choices and sacrifices behind one of the most misunderstood athletes of his generation.

Lizzy's forthcoming espionage thriller, *Saffron Spy*, immerses readers in the morally murky world of intelligence operations. She is uniquely positioned to blend fact and fiction, pulling readers deep into the underbelly of deceit after tracking Osama bin Laden and his direct reports for years.

A lifelong athlete and adventurer, Lizzy finds creative clarity in the ocean, where she contemplates character development and word choice in the surf lineup. She lives in Del Mar, California, with her husband, former NFL player Steve Wright.

