

LOS ANGELES, CA, September 24, 2013 **/24-7PressRelease/** -- She posts advice on Facebook about staying authentic in relationships, Tweets encouraging words to guide their day, and blogs about finding peace in a distracting 24-7 always-on world. Ora Nadrich, who grew up in Los Angeles and went to Fairfax High School in the heart of Hollywood, never imagined her path would transform into being the comforting voice sought by young followers on the internet across the country.

"I love working with young adults", Ora said in a recent interview. "Looking back, my experience as a young actress here in Los Angeles and the ability to get to the heart of a character by plumbing the depths and peeling back the layers to get to the truth of one's being truly resonates with young women and men who are developing a deeper sense of self and questioning the traditional definitions of success. The great thing is we are able to meet on social media. We connect in a very real way." Her young followers are tracking their social media guru on mobile too. Ora is a popular blogger on The Huffington Post and is often carried on their mobile app "GPS for The Soul". "Young people on social media are so open with their lives." Ora observes. "That's why [blogs](#) , [Facebook](#) and places like [Twitter](#) and [Pinterest](#) are great places to get together."

Ora guides these discussions on her Facebook page, [Ask Ora](#) . Think of her as the "Dear Abby" of social media but with life coaching credentials and an A-list of tech, business and Hollywood clients. Young Los Angeles model and actress, Anna Hank described her counseling experience. "Ora has helped me in both the good times and the bad in this process of "growing up." In a career that surrounds pressure, negativity, and judgment, Ora has helped me come to understand that my light within is the true key to happiness and success."

The couch at the therapist office is being supplanted by the bigger social media therapy session where young adults comfortably gather to understand who they are and carve their individuality in a shared experience. "They [young adults] are still very peer focused, but as they grow, they face the realities of not always relating to others as they wish, a relationship sours, and they start falling into fear based thinking. I give them reassurance and a big digital hug. I let them know everything is going to work out and give them a sense of empowerment with the skills they need to feel confident to reach their goals, realize happiness and change their lives for the better."

Ora Nadrich has been a Certified Life coach for 5 1/2 years and has professional training in Cognitive Behavioral Therapy, Jungian Analysis among other credentials and practices. She is also a Marriage Officiant and can perform pre-marital counseling and marriage ceremonies for the young people who appreciate her guidance. "Social media is redefining everything." Ora commented. "Everyone now has a voice. However, for some, there are many with questions about finding meaning in their lives or what to do about a difficult situation. If young people are

finding answers, consolation, and guidance from my advice on social media, and others can see it too, that increases healing all around, which is my goal."