

# Brad Pitt's psychic gave me the secret to a successful working life

Psychic Laura Day believes 'practical intuition' is the key to negotiating a pay rise with your boss, finding the best school for your child and deciding what your next job is going to be



Laura Day is Brad Pitt's and Demi Moore's psychic (Photo: Getty)



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“I believe in the gut and I believe in Laura Day.” So says the actor (and my 90s heartthrob) Brad Pitt, one of Day’s many fans.

After spending an hour chatting with her on Zoom, I can see why. It’s hard to define or categorise Day – she is an “intuit” [and a psychic](#), beloved by A-listers including Demi Moore, Nicole Kidman and Jennifer Anniston. She advises businesses, high-net-worth individuals and celebrities about how to tap into their “hidden” abilities. She is a best-selling self-help author whose next book, [Practical Intuition](#), is out next March.

But what exactly is practical intuition and can Day, dubbed the \$10,000-a-month psychic by *Newsweek*, teach me how to find mine?

Day, who is talking to me from her 26,000 sq ft loft apartment in New York, is refreshingly candid when I ask her what the difference is between “practical” and “impractical” intuition.

“Impractical intuition has you focused on dead people and past lives,” she says. Whereas [practical intuition](#), she explains, focuses on the present. “It’s about how to negotiate a pay rise with your boss, how to find the best school for your child and what your next job is going to be.

This is not about [following your gut](#) so much as learning to cut through to noise and prioritise what matters to you. “If you’re not getting the results you want, chances are you don’t have the right information. You don’t want to recreate the past or keep making the same mistakes. The right information helps you to create the sort of life you want, and that’s where practical intuition comes in.”



Demi Moore is one of the celebrities who supports Day (Photo: Axelle/Bauer-Griffin/FilmMagic)

Day has little time for the supernatural, but sees [her heightened intuition](#) as a kind of superpower that makes her hypersensitive – to peoples’ thoughts, feelings and lives, and also to markets, movements, world events. But it does mean she is able to sense information about people – a past trauma, a secret love affair – that they have never told her. She also has uncanny powers of prediction, a skill, she says, that has given her a lucrative career in financial markets and working with large corporations as well as celebrities.

Practical intuition is not, Day says, a mystical skill, it’s probably something you already have innately and something you are already doing. “Anyone who is juggling work and family and is making a success of it is probably already using their practical intuition to keep their ship afloat,” she says.

So how can I, a busy mother of three, [use practical intuition](#) to improve my life? I tell her that one of the things I struggle with is the blurred boundaries between my work and private life. People message me on social media at 11pm on a Sunday night and expect a response straight away.

My instinct says, leave it, but having been socially conditioned to please and be compliant, like most other women from my generation, I often forgo these boundaries and spend an inordinate amount of time answering messages, feeling guilty or doing thankless tasks. How can I hone my practical intuition to get better at managing day-to-day life?

The first thing, Day says, is to clarify what your hierarchy of goals is. “What’s the most important thing to you? Is it, for example, the wellbeing of your family and does having a [successful working life](#) provide the context for this?” In a word, yes. “Find your front runner goal and go with that,” Day says.

But what about the mum-guilt when I’m on a deadline and ignoring my children or my nine-year-old tells me to stop looking at work emails on my phone?

Refer back to your hierarchy of goals, Day says. “Creating self-sufficient and secure children probably ties in with your goal about [the sort of family](#) you want to have and that ties in with modelling being adaptive and independent.”

I love this. When I ask Day if she ever finds herself in a situation where clients are contacting her out of hours, she nods. A client called her at 5am the other morning. What did she say when they called?

“I said if it’s a life or death situation, call me but if it’s just something you’re feeling anxious about, take a Valium,” she laughs. She went back to sleep but her husband Stephen Schiff, who I later realise is the screen writer for one of my favourite shows in recent years, *The Americans*, didn’t.

When I tell her that my husband is the [breadwinner in our marriage](#) she says: “Your husband is not the breadwinner because it would probably take three quarters of your husband’s salary to do what you do in a day. So you need to start recontextualising and noticing and appreciating your skill set.”

I can see why people pay her obscene amounts of money, I tell her.

She laughs. “I get paid exorbitant money for doing what my brain does anyway, which is read people. But so often women don’t really see their worth. Why shouldn’t we be paid well for doing something we love? You begin to notice different opportunities to use your skill set in different settings when you hone in on your [practical intuition](#).”

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It’s about being the conductor of our own lives rather than reacting to everything and being driven by it, she says.

And what is at the top of Day’s hierarchy of goals? “For me, at 64, it’s about having the best love affair of my life. I’ve done my career, made my money, raised my kid, so my goal is to have a great time with my husband,” she says. Having that at the top has filtered down to the rest of her life – health, financial stability, social mobility and so on. “All these parts of your life need to be in concentration and agreement.”

Life hasn’t always been easy for Day, [who has ADHD](#) (Attention Deficit Hyperactivity Disorder) and had a dysfunctional childhood. She was raised by a “brilliant, magical but manic depressive” mother who killed herself when Day was 14, and “a violent, narcissistic father who was left with four, very traumatised children he was ill equipped to deal with,” she says. Two of her siblings went on to take their own lives.

“Yet because of the way my brain is wired I was lucky enough to easily access my intuition to find the right behaviours, people, situations and resources to not only survive but thrive. I think that this is one of the reasons that I find it so satisfying to teach intuition to others,” Day says.

I could talk to her all day but I have to go and pick up my eldest son.

Just before I go, I tentatively ask her whether some of the celebrities she works with have similar issues to the ones we’ve discussed.

“Being a celebrity is like living in a war zone. You have to be hyper alert all the time,” she says. Day says she helps celebrities learn how to identify what the risks are, to not feel constantly alarmed and to acquire intuitive staff who can not only take over that worry for them but also productively support their daily challenges.

I wish I could afford to employ Day to help overcome my daily challenges. But then I’m already doing the job of several people, as she said, so perhaps I should

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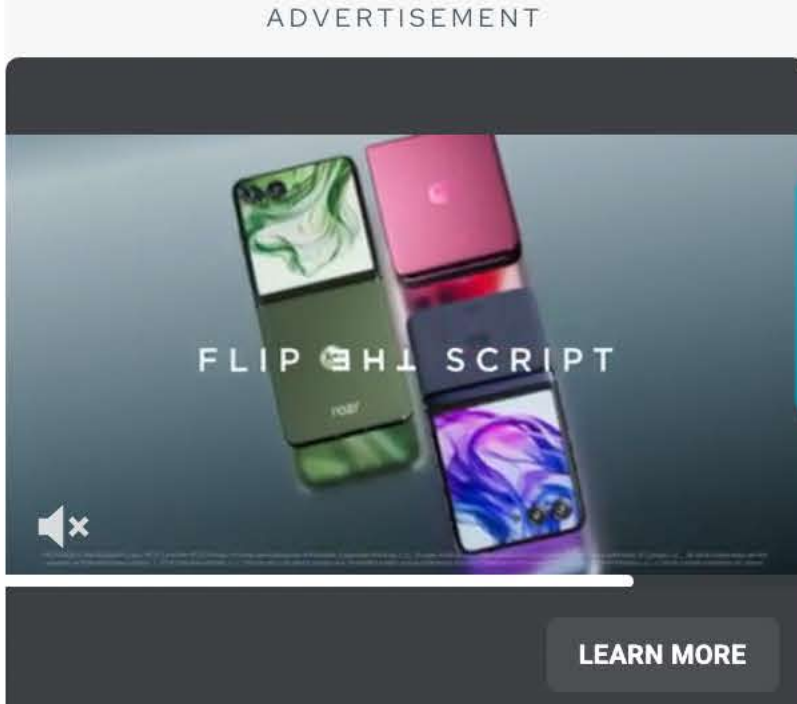
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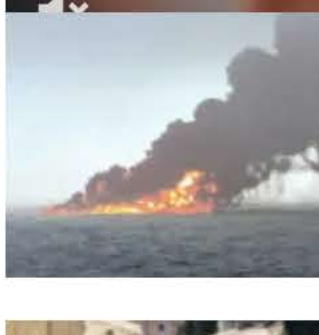
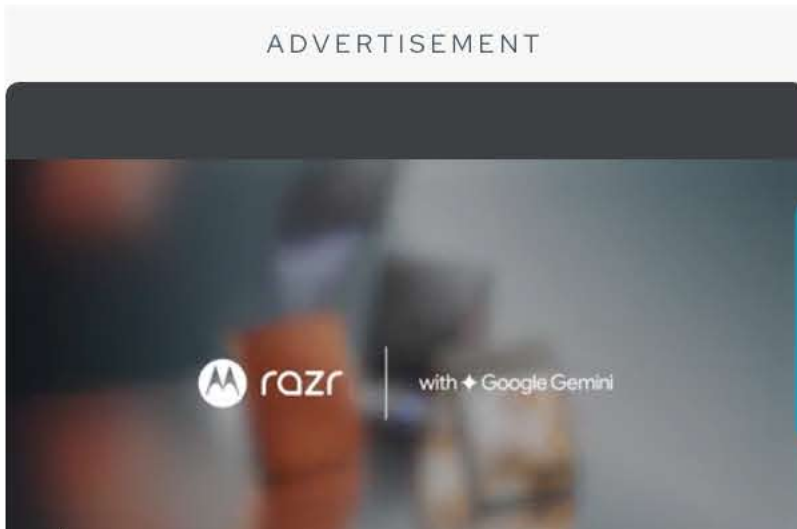
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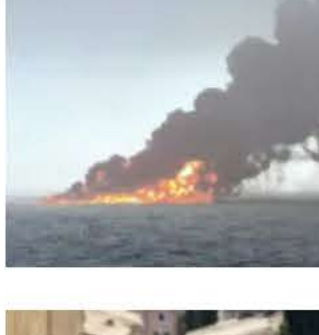
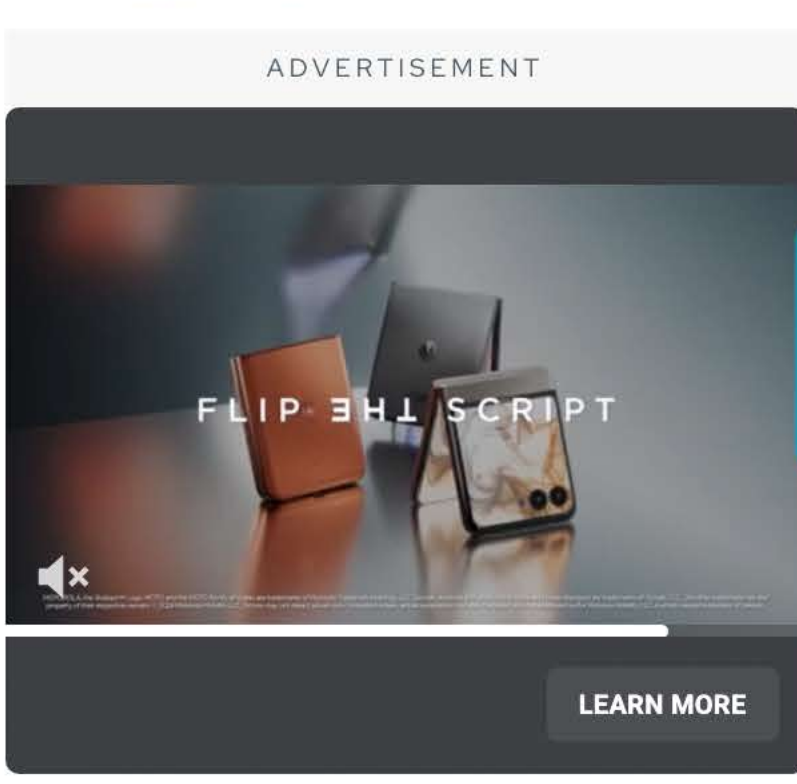
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