

TARA MAE TEMPLE

Self-Compassion Advocate

Women's Empowerment Author

Healing Journey Mentor



TARA
SWEET
AWAKENING

Nuturing Self-Compassion
Igniting Women's Resilience



Meet Tara Mae Temple

*“The greatest glory in living
lies not in never falling, but in
rising every time we fall.”*

—Nelson Mandela

TARA'S MISSION

I hope to empower women with my evidence-based strategies and heartfelt wisdom, helping them navigate life's challenges, fuel their purpose, discover their authenticity, and achieve harmony. As an author and advocate, I draw from sociological knowledge, personal experiences, and cultural insights to guide diverse voices toward healing, growth, and inner peace. It would be an honor to partner with you on your journey to self-discovery and a more harmonious life.

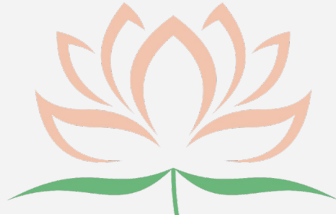
MEET TARA

Tara Mae Temple has over 15 years of success in advertising, communications, and healthcare fundraising and marketing. She holds an honors Bachelor of Arts degree in Sociology and Communications, reflecting her lifelong interest in human behavior from a sociological perspective. Tara is dedicated to finding evidence-based strategies to help people navigate unique challenges. She is a non-fiction writer, developmental editor, and the author of *Harmony Hacks*. Tara not only writes her own books but also enjoys helping other non-fiction authors create their best work.

During her healing journey, Tara discovered various coping strategies that helped her navigate serious life struggles. Applying these strategies, along with wisdom, faith, and life lessons, led to a more harmonious life, making her feel truly alive for the first time in four decades. She is a passionate advocate for women's issues and is committed to serving others through her writing. As an ethnic minority, Tara brings a fresh voice to the self-help genre, beloved for her heartwarming and insightful writing. She is Filipino Canadian and a tea lover.

Why Interview Tara

Tara Mae Temple's journey from struggling to achieve mental and emotional wellness as well as inner peace offers a message of hope and resilience that resonates with audiences globally.



SUGGESTED INTERVIEW TOPICS

The Three-Elements-of-Ease Framework: Pathways to Inner Peace and Harmony

Discuss the core components of Tara Mae Temple's Three-Elements-of-Ease framework: Change Your Environment to Promote Healing, Reframe Your Mindset, and Nurture Compassion for Yourself and Others. Explore how these elements work together to help individuals overcome mental and emotional challenges, and provide practical examples of their implementation.

Navigating Life's Challenges: From Anxiety to Identity Crises

Delve into the various mental and emotional struggles addressed in *Harmony Hacks*, such as anxiety, burnout, career ruts, invisibility, shadow self, and identity crises. Highlight how Tara's personal experiences, including her spirituality and interest in human behavior have shaped her approach to tackling these issues. Discuss strategies for individuals at different stages of their healing journey.

Cultivating Self-Compassion and Mindset Shifts for Personal Transformation

Focus on the importance of self-compassion and mindset reframing in achieving a harmonious life. Share practical steps listeners can apply to nurture self-compassion and change their mindset. Discuss Tara's experience with altering her own mindset and how this breakthrough has led to significant personal growth and transformation.

SUGGESTED INTERVIEW QUESTIONS

1. During your own healing journey, you discovered various coping strategies that led to a more harmonious life, along with wisdom, faith, and life lessons, making you feel truly alive for the first time in four decades. Can you share some of the specific coping strategies you discovered and how they helped you navigate serious life struggles?

2. You are a passionate advocate for women's issues and committed to serving others through your writing, which is dedicated to finding evidence-based strategies to help people navigate unique challenges. In *Harmony Hacks*, you outline the three-elements-of-ease framework. Could you explain each element and how they collectively contribute to inner peace and harmony?
3. Your book addresses a variety of challenges, from mild to moderate mental and emotional issues like anxiety and invisibility to more complex issues such as identity crises and the shadow self (character flaws). Can you discuss how your framework specifically helps individuals at different stages of these struggles, whether they're at rock bottom after a crisis or further along in their healing journey?
4. There's a specific topic in your book about the monster within and how everyone has a "dark side." Can you share some practical strategies that will help people say goodbye to their damaging character flaws?
5. What is your message for people who are at their wits end and feel like just giving up when their hardship is too much to bear? Out of the wide array of struggles covered in your book, from anxiety to grief, which issue do you think is most pervasive today, and how can your book help those dealing with it?
6. Your background in sociology, human behavior, and communications, along with your innate wisdom, has deeply influenced your work. How do these disciplines shape your approach to addressing mental and emotional challenges in your book?
7. You mention the significance of mindset reframing in your healing process. Can you provide an example of how changing your mindset led to a breakthrough in your personal journey?
8. *Harmony Hacks* emphasizes the importance of self-compassion. What practical steps can listeners take to begin nurturing self-compassion in their daily lives?
9. You speak about the importance of continuing professional care for those with serious mental illnesses. How do you see your book complementing traditional mental health treatments and therapies?
10. What lasting impact do you hope *Harmony Hacks* will have on its readers, and what steps can they take to ensure they continue to benefit from your strategies long after finishing the book?

*I look forward to hearing from you to see
what magic we can create together!*

—Tara

The Book

HARMONY HACKS

It's not too late to tap into self-compassion and leave your entangled misery behind.



Imagine a life where you don't dwell on problems, conflict, and hardship. What if you had the secret to inner peace, joy, and contentment? What if you were handed keys to help you suffer less from distorted thinking and life's challenges? The answer lies within the Three-Elements-of-Ease framework: Change Your Environment to Promote Healing, Reframe Your Mindset, and Nurture Compassion for Yourself and Others.

Whether you're at rock bottom after a recent life crisis or past it and are now ready to heal, this book is for you. You might be struggling with mild to moderate mental and emotional issues like anxiety, burnout, or self-limiting beliefs. You may be on an emotional rollercoaster of inner turmoil or feel uncomfortable in your own skin, ruminating over endless unhelpful thoughts. Challenges like a career rut (searching for purpose), inner conflict from complex culture dynamics, complicated parent-child relationships, identity crisis, invisibility, self-image issues, desire for approval, shadow self, fear, illness, and grief are tackled head-on.

Author Tara Mae Temple has personally experienced the trials and tribulations she tackles in this book. She implemented the very strategies that have awakened her spirituality and changed her life for the better. With her knowledge of sociology and human behavior, along with her innate wisdom, Tara is on a mission to help women attain peace. She offers tried-and-true coping strategies and practical tips backed by research and her own experiences.

By the end of this book, you will feel fulfilled, renewed, empowered, and at peace. You will gain invaluable tools for mental and emotional struggles, discover your most authentic self, prioritize self-care, embrace a new identity, channel love, and acceptance, and develop a disciplined mindset.

This book is for anyone interested in healing, self-growth, and finding inner peace. No matter where you are on your healing journey, now is the time to be brave and reach for peace.