

TARA MAE TEMPLE

Self-Compassion Advocate

Women's Empowerment Author

Healing Journey Mentor





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.

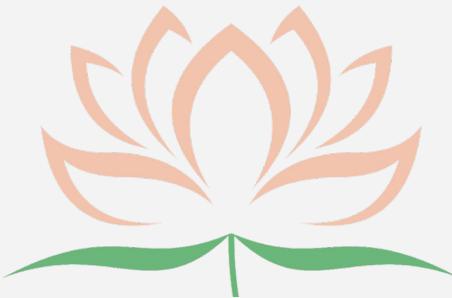
MEET TARA

Tara Mae Temple has over fifteen 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 life's challenges. A nonfiction writer and the author of *Life Hacks for Healing & Harmony*, she is also a developmental editor and enjoys helping other authors create their best nonfiction work.

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

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

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, including Tara's radical move from Toronto to a small town, leaving her corporate career, and adopting nature-based healing practices.

Navigating Life's Challenges: From Anxiety to Identity Crises

Delve into the various mental and emotional struggles, such as anxiety, burnout, career ruts, invisibility, shadow self, identity crises, grief, and fear paralysis. Discover how Tara's personal experiences, including her Filipino Canadian heritage, spiritual gifts, debilitating social anxiety, complicated family relationships, and her loved ones' life-threatening illness, have shaped her approach to tackling these issues.

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, including Tara's innovative "Negative Thought Cancellation" technique, the "Life Lesson Dignity Practice," and "fear hacks."

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, such as your debilitating social anxiety, and your journey through an identity crisis?
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 *Life Hacks for Healing & Harmony*, you outline the three-elements-of-ease framework. Could you explain each element and how they collectively contribute to inner peace and harmony? And can you share how your own radical environmental change, moving from Toronto to a small town and leaving your corporate career ... how were those experiences a catalyst for your healing?
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). You also tackle cultural impacts, particularly around your Filipino heritage and issues like body shaming. 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." Drawing on Don Miguel Ruiz's concept of the "parasite in the mind" and Marianne Williamson's spiritual teachings, you developed practices including meditation, prayer, journaling, and therapy. Can you share some practical strategies that will help people say goodbye to their damaging character flaws and explain what you mean when you say the monster "feeds off fear-based emotions"?
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? You write about your own experiences with this during a loved one's life-threatening illness. Can you share some simple life hacks that will help someone in a similar situation?
6. Your background in sociology, human behavior, and communications, along with your innate wisdom, has deeply influenced your work. You reference research throughout your book, from Japanese studies on nature bathing to mindfulness-based stress reduction programs and the neuroscience of writing by hand. How do these disciplines shape your approach to addressing mental and emotional challenges, and why was it important to ground your personal stories in evidence-based research?

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? Perhaps the shift from seeking approval from others to finding validation within yourself, or how you reframed body-shaming comments from your culture, or your practice of "Negative Thought Cancellation" using the "Interruption Method"?
8. *Life Hacks for Healing & Harmony* emphasizes the importance of self-compassion and includes concrete practices like the "Mirror Self-Love Exercise," "New Core Values," and affirmations for each chapter. What practical steps can listeners take to begin nurturing self-compassion in their daily lives? And can you explain why the physical components, like pinching yourself or writing things down ten times, are so important to rewiring the brain?
9. You speak about the importance of continuing professional care for those with serious mental illnesses and share your own therapy experience openly. How do you see your book complementing traditional mental health treatments and therapies? And what resources do you provide for readers who may not have access to therapy, you mention free counseling options, online therapy, podcasts about healing and wellness, and apps like "Empower You Unlimited Audio"?
10. What lasting impact do you hope *Life Hacks for Healing & Harmony* 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? You include journaling pages, exercises, and daily practices throughout. How should readers approach these to create genuine, sustainable transformation rather than just temporary inspiration?

BONUS QUESTIONS FOR EXTENDED INTERVIEWS:

11. You write openly about having a "sixth-sense gift", receiving messages from your deceased grandmother, Lola, having premonitions about events like the 2011 Japan tsunami, and following "breadcrumbs from God" that led you to leave your corporate job just months before the 2019 pandemic. What advice do you have for listeners who are not in tune with their spirituality or disconnected from their intuition, and are searching for their purpose (or looking for direction in their lives)?
12. You developed what you call the "Life Lesson Dignity Practice" to overcome feelings of invisibility stemming from childhood bullying, including racist comments about your Asian heritage. The core principle is "It's not about you, it's about them." Can you walk us through how this practice works in real-time and share a specific example of when it transformed an interaction that might have previously devastated you?

13. You dedicate an entire chapter to "Fixing Complicated Relationships," sharing your journey with your mother and the concept of "emotional parentification" from childhood. You provide the "Four-Rule Rescue", effective communication and boundaries, perspective, active listening, and forgiveness. Can you share how you used these tools to create a healthier relationship with your mom?
14. You provide specific "fear hacks" for everything from driving anxiety to parental overwhelm to climate change fears. Drawing on Dr. Wayne Dyer's teaching that "when fear is eliminated by replacing it with love, difficulties vanish," can you explain what this means and share one fear hack that listeners could implement immediately?
15. As a Filipino Canadian woman, you discuss navigating cultural expectations around conformity, body image, respect for elders, and suppressing your voice. You write about being "the one to break the cycle of suffering" in your family. What does it mean to honor your cultural heritage while also breaking free from the aspects that no longer serve you, and what advice would you give to listeners from minority backgrounds facing similar tensions?

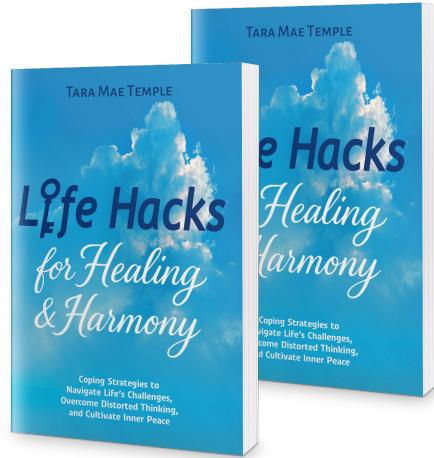


*I look forward to hearing from you to see
what magic we can create together!*

—Tara

Life Hacks for Healing & Harmony

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



Imagine a life where you don't dwell on problems, conflict, and hardship. Can you reimagine a new reality of self-compassion, replacing your harsh inner critic? The result? Inner calm becomes your default state. What if the secret to joy and contentment isn't hidden at all but waiting to be unlocked through a simple, transformative framework? The Three-Elements-of-Ease will show you how to 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 you've grappled with it and are ready to heal, this book is for you. Maybe you struggle with mild to moderate mental and emotional issues like anxiety, burnout, or self-limiting beliefs. Perhaps you are riding an emotional rollercoaster of inner turmoil, or you feel uncomfortable in your own skin. Do you ruminate over unhelpful thoughts? Are you in a career rut? Are you searching for a purpose? Are you struggling with complex culture dynamics, complicated parent-child relationships, invisibility, self-image issues, or a desire for approval? Are you having an identity crisis, wrestling with your shadow self, or experiencing fear, illness, or grief? *Life Hacks for Healing & Harmony* tackles all these issues head-on—to help you suffer less from distorted thinking and rise to life's challenges.

Author Tara Mae Temple has experienced the trials and tribulations she addresses in this book. She implemented the strategies she shares and shows how they have awakened her spiritually and changed her life for the better. Trained in sociology and human behavior, Tara is on a mission to help women attain peace. She offers tried-and-true coping strategies and practical tips backed by research, her own experiences, and her innate wisdom.

By the end of this book, you will feel fulfilled, renewed, empowered, and at peace. You will gain valuable tools to help you overcome 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.

Whether you're a mother or a woman rediscovering yourself, a professional seeking purpose beyond burnout, someone searching for meaning, or an individual navigating family and cultural expectations, *Life Hacks for Healing & Harmony* shows that wherever you are in your journey, now is the time to be brave and reach for peace.

Life Hacks for Healing & Harmony

TITLE – Life Hacks for Healing & Harmony

SUBTITLE – Coping Strategies to Navigate Life's Challenges, Overcome Distorted Thinking, and Cultivate Inner Peace

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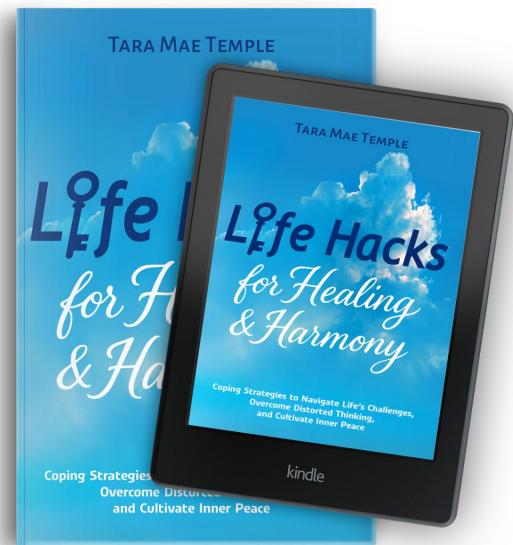
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