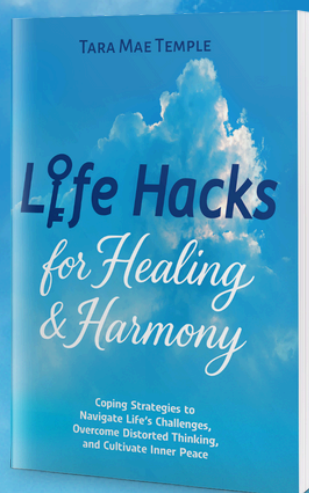




# Life Hacks for Healing & Harmony



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

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

In *Life Hacks for Healing & Harmony*, author Tara Mae Temple presents a transformative framework for achieving inner peace and contentment. Drawing from her personal struggles and sociological expertise, she offers strategies to overcome mental and emotional challenges like anxiety, burnout, and self-limiting beliefs. The book guides readers through making environmental changes, reframing their mindset, and cultivating self-compassion. Temple tackles common issues such as breaking free of career ruts, handling culture dynamics and complicated relationships, solving self-image dilemmas, and much more.

With research-backed coping strategies and practical tips, Temple empowers women to discover their authentic selves, prioritize self-care, embrace a new identity, and develop a disciplined mindset. Temple's personal experiences lend credibility to her methods, as she has successfully implemented these life hacks to awaken her own spirituality and transform her life. Whether you're on a healing journey, or rediscovering yourself as an individual or a mother, seeking purpose beyond burnout, searching for meaning, or navigating family and cultural expectations, *Life Hacks for Healing & Harmony* shows you it's time to choose peace.

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Purchase through Amazon, along with other fine retailers and bookstores globally.

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## TARA MAE TEMPLE

Tara is a nonfiction writer and is the author of *Life Hacks for Healing & Harmony*. With a lifelong interest in human behavior, Tara's ongoing quest for knowledge began with her study of sociology and human interactions. Tara received her Honors Bachelor of Arts degree in Sociology and Communications from York University in Toronto, Canada. She writes with wisdom and clarity about coping with hardship, healing distorted thinking, and attaining peace. She lives near a forest and lake in a small town in Ontario, Canada, with her husband and daughter, and their adorable goldendoodle, Peachy Pie. She loves biking in nature and drinking tea with friends.

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