

# Tara Ward

## BIOGRAPHY



**Tara Ward's** passion is people: making a difference in their professional and personal lives. She is a best-selling author on personal development and spiritual well-being with sales of more than 300,000 copies worldwide. She writes a Daily Uplifting Thought on Twitter @TaraWardBooks, and at [www.facebook.com/tarawardbooks](http://www.facebook.com/tarawardbooks).

From a young age **Tara** worked as an actress and was moved to discover first-hand how you can influence people through performance, whether via laughter or tears. She believes that evoking a strong emotion in someone, is a great springboard for change.

In her twenties she trained in psychic development at the College of Psychic Studies with Geoff Boltwood, and with Sharry Clark and Mary Poulton at the Spiritualist Association of Great Britain, where she also went on to teach for two years.

After a move to management training in 1992 **Tara** has worked with a range of clients from CEOs in multi-national corporations through to young graduates. She has worked in more than 35 countries across five continents, developing new ways to improve communication between all cultures: physically, mentally, emotionally and spiritually.

**Tara** has published eight books, with 2008's *Discover Your Psychic Powers* the best-selling so far. Her other books include the titles *Meditation & Dreamwork*, *The Telepathy Kit*, *The Healing Handbook: A spiritual guide to healing yourself and others*, the current titles: *Discover Your Inner Psychic*, and *Discover Meditation & Mindfulness*, published September 2013.

In addition to her factual books, **Tara** is currently working on her first novel.

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