

## 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 500,000 copies worldwide. She writes a Daily Uplifting Thought on Twitter @TaraWardBooks, and 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 multinational corporations through to young graduates. She has worked in more than 40 countries across five

continents, developing new ways to improve communication between all cultures: physically, mentally, emotionally and spiritually.

Tara has published fourteen 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. Her eBook series on Mindfulness was published by Arcturus with the titles Mindfulness for Success, Mindfulness for Confidence, Mindfulness for Happiness and Mindful Journaling. With Quadrille she has published The Book of Healing and now published in December 2022 The Happiness Year.

She also runs workshops and gives talks on meditation and mindfulness.

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