



### **ABOUT TARA MEYER-ROBSON:**

Tara is an award-winning author, mind-body-life translator, entrepreneur, Reiki Master, coach trainer, and frequent expert speaker for conventions, corporations, and health care organizations. She is also the creator of The Flow Method, which has been called “the discovery that psychologists and sociologists have been seeking for 200 years,” and is a ground-breaking, science-based, totally personalized system that allows anyone to totally transform their lives and bodies with ease. Her first book, *The Flow: 40 Days to Total Transformation*, has not only become an Amazon Bestseller, but was selected as a finalist in the publishing industry’s prestigious ForeWord Magazine’s Book of the Year Awards and nominated for several other awards.

Tara graduated from John Carroll University with a double major in English and Political Science, and then went to work with her father designing health and benefit programs for large hospital systems that increased morale, reduced costs, and helped employees become more well. It is this background that has given her a strong focus on results-oriented coaching and programs.

Her passion is helping people to break negative patterns, connect with their dreams, and empower themselves to create amazing lives. Her specialty is in helping people heal from pain and disease by almost magically pinpointing the underlying beliefs and life experiences creating the issue, and then creating a simple, powerful solution personalized for each person’s particular needs and goals. “Helping people heal is what gets me up in the morning,” explains Tara, “It’s really all I have ever wanted to do!”

Having helped people around the globe heal from chronic pain, cancer, “incurable” diseases, and more - and having healed herself from chronic fatigue syndrome - she truly loves connecting with people and showing them exactly they can take back control over their minds, bodies, and lives and create wellness in all areas. The bottom line is she has unraveled the mystery of why disease develops, how you get similar negative experiences again and again, and how you can make a dramatic shift in your life with a few simple, personalized changes.

An intensely curious person, Tara can be found even in her off-time seeking new answers to life’s questions and working to continuously improve people’s, childrens’, and animals’ lives, and is a member of Defenders of Wildlife, ASPCA, and the Human Rights Campaign. She has been happily married to her soulmate, John, for 14 years and adores her cairn terrier, Chester. They are excitedly in the process of their first international adoption, a dream she has had since she was 6 years old. She loves different cultures and new experiences and cites her recent book tour in Romania as one of the most profound experiences of her life. For fun, she loves hanging out with her husband, hiking, dancing, ghost-hunting, watching the sunrise, trying new foods, and generally enjoying life to the fullest.

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