



Living an Alive Life: It's Time To Fall In Love With The Real You!

Tara Schiller

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Knowing who you are, what you want, and how to get there are the biggest obstacles a person faces on their journey to coming alive. In "Living an Alive Life" you are guided through step by step instructions, helpful tools, and a new perspective so you can design a life that allows your true person to thrive.

Living and Alive Life covers:

Learning to value connection over acceptance
Meditation techniques to help you discover your true heart
An Evaluation in 7 different areas of your life
How to make an effective and actionable plan
How to deal with the emotional obstacles standing in your way

"This book is essential to learning how to be yourself in this world where everyone wants you to conform...thank you!" Julie Bos, 5-Star Amazon Review

"I had several AHA moments as I read Living an Alive Life, and I know you will too!"

-CJ Tittle reviewing on the "Just My Thoughts" blog.

"Providing real and straight forward advice Tara gives you the control in the process..."

- Sarah reviewing on the Salty Bug Splashes Blog

"This little book is full of wisdom and packed with exercises that make the reader really introspect on her life. "

-Corinne Rodrigues reviewing on the Everyday Gyaan blog

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Tania Hansen:

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