



[Inspire Nation University](#) – This online resource helps to transform lives. Michael Sandler breaks down information into step-by-step, easy-to-follow systems approach, that anyone can follow to help you dive deep, get inner wisdom, and truly transform your life! Back in 2004 Michael Sandler rode his bike across the United States to help promote ADHD Awareness. He understands the ADHD brain!

[Group Action Sessions](#) – Tara McGillicuddy offers Group Action Sessions which help participants shift their energy and supercharge their productivity. Tara uses proven methods including the Virtual Body Double Concept and the Pomodoro Technique to help group members supercharge their productivity and get things done.

[ADHD Support Talk Radio](#) - ADHD Support Talk Radio is an award winning Podcast for Adults with ADD / ADHD. Co-hosts Tara McGillicuddy and Lynne Edris are joined by Adult ADHD experts and they cover important topics related to Adult ADD / ADHD. Podcast guests include Dr. Edward Hallowell, Dr. Stephanie Sarkis, Dr. Ari Tuckman, Laurie Dupar, Terry Matlen and many more.

[iAWake Technologies](#) - Awake Technologies was founded in 2010 with the mission of helping the world to heal, wake up, and evolve, through creating and offering cutting-edge, transformational technologies and promoting and inspiring their skillful use in our daily lives.

Tara McGillicuddy | www.taramgillicuddy.com

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The Tapping Solution - Tapping, also known as EFT (Emotional Freedom Techniques), is a powerful holistic healing technique that has been proven to effectively resolve a range of issues, including stress, anxiety, phobias, emotional disorders, chronic pain, addiction, weight control, and limiting beliefs, just to name a few. Tapping therapy is based on the combined principles of ancient Chinese acupressure and modern psychology. Tapping with the fingertips on specific meridian endpoints of the body, while focusing on negative emotions or physical sensations, helps to calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy.

A Stronger Mindset for Life's Challenges – This 8 Hour Audio Program with ADHD expert Dr. Ari Tuckman will teach you how ADHD causes mental traps (but doesn't have to). It will also teach you how to actively approach challenges while recognizing battles that are not worth fighting. You will also learn how to create mutually satisfying, productive, and respectful relationships.

Empath Now – This is an online resource developed by Tara McGillicuddy to help Empower Empaths. Empath Now offers clearing and healing sessions, a podcast and the FREE Empath Now Empowerment source full of tools and resources to help empower you as an Empath.

Energy Shifting Sessions – Tara McGillicuddy offers a variety of Energy Shifting Sessions. She offers FREE monthly Group Clearing and Healing Session. Individual session are also available.

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