



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.

Tara McGillicuddy | www.taramgillicuddy.com

Disclosure: I may be an affiliate for products that I recommend. If you purchase those items through my links, I will earn a commission.



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.taramcgillicuddy.com

Disclosure: I may be an affiliate for products that I recommend. If you purchase those items through my links, I will earn a commission.



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.

Tara McGillicuddy | www.taramgillicuddy.com

Disclosure: I may be an affiliate for products that I recommend. If you purchase those items through my links, I will earn a commission.



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.

Energy Shifting Parties – Tara McGillicuddy offers FREE Energy Shifting Parties. During this FREE online event Tara will offers intuitive oracle card readings. Attendees will get the chance to interact with each other in small breakout rooms. Tara will also offer a POWERFUL Group Clearing and Healing Session. All registered attendees will be given access to a recording of the Group Clearing and Healing Session.

Tara McGillicuddy | www.taramgillicuddy.com

Disclosure: I may be an affiliate for products that I recommend. If you purchase those items through my links, I will earn a commission.



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.

The New Human Story - Human potential pioneer Gregg Braden will share the new science that exposes the limiting beliefs we've held about who we are and where we come from. In this mind-expanding mini-workshop with Gregg, you'll find out how these new scientific discoveries have the potential to change the way you think about yourself, your relationship to your body, to others, to the earth, and even to God.

Tara McGillicuddy | www.taramgillicuddy.com

Disclosure: I may be an affiliate for products that I recommend. If you purchase those items through my links, I will earn a commission.



40 Days to Positive Change If you've ever felt a bloom of satisfaction as you started your regular morning run, you know that adding a beneficial new behavior to your life is more than possible. It probably took a good deal of time and effort to make that an everyday reality—and even before that, you took the conscious step of committing to that process. Explore the essential supporting factors and foundations needed to permanently instill new behaviors in Kelly McGonigal's free video - Establishing New Habits for Positive Change.

Find additional events and resources at:

TaraMcGillicuddy.com

Tara McGillicuddy | www.taramgillicuddy.com

Disclosure: I may be an affiliate for products that I recommend. If you purchase those items through my links, I will earn a commission.