



Cured by Nature: How to Heal from the Inside Out, Find Happiness, and Discover Your True Self

By Tara Mackey

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Cured by Nature: How to Heal from the Inside Out, Find Happiness, and Discover Your True Self By Tara Mackey

Life can be stressful, overwhelming, and sometimes difficult to cope with. Modern medical professionals will tell you to take various prescription medications, which can ultimately do more harm than good. But it doesn't have to be that way! Healing is all in the mind and can be attained through finding harmony in your own life and resorting to natural remedies already provided by the very environment in which you live. Blogger Tara Mackey, who has a background in science, shares her own experiences with stress, depression, and anxiety and teaches you how to break free from them.

Growing up, Tara suffered from dependency on various prescription drugs for depression, anxiety, and ADHD. She witnessed her best friend's decline and suicide and watched helplessly as the effects of heroin addiction took a hold of her mother. At age twenty-four, she decided that enough was enough and quit her prescription meds cold-turkey in search for happiness. Today, she is drug-free, stress-free, and happy.

Cured by Nature is Tara's personal story combined with her knowledge and advice to battling personal demons and coming out victorious. Follow Tara as she shows you how to adapt and grow, using various herbal remedies, breathing exercises, and mind-strengthening techniques that will help you be a happier and better you.

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Cured by Nature: How to Heal from the Inside Out, Find Happiness, and Discover Your True Self By Tara Mackey **Bibliography**

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Editorial Review

Review

"You can revolutionize your life based on Tara Mackey's experiences in Cured by Nature. Tara's raw, personal story of dealing with tough family circumstances and a dependence on pharmaceuticals, carving out a natural life through positive thoughts, and developing an appreciation for green beauty is a great read and illuminating."-Tony Conrad, Founding Partner at True Ventures and Co-Founder & CEO of about.me

"The best way to get healthy this year!" -San Diego Living

"A unique combination of scientific facts and personal anecdotes... Tara challenges readers to change their lives with simple daily thought patterns and practices that result in a more vibrant, happy life. With her easy to use tools and mindful practices, holistic health is accessible and attainable!" -Nicolle Mackinnon, writer and editor at No More Dirty Looks

"Tara has quite literally taken her life back by listening to her body and tapping into the truly awesome healing powers of nature. This is a must-read for anyone who is sick of treating symptoms and ready to make long-lasting lifestyle changes for wellness."-Adina Grigore, founder of S.W. Basics and author of Skin Cleanse

"From being well to living well, Tara provides practical tools for achieving wholeness along her journey to true healing, happiness and self-discovery. With complete authenticity and raw vulnerability, Tara shows us how we, too, can be cured by nature."-Brandie Gilliam, founder, Thoughtfully Magazine and Organic Beauty Talk

"Tara straight-talks you through every area of life. Cured by Nature explodes with raw truth and power. For everyone who's trying to live their dreams. Be prepared: you'll finish this book a better version of yourself. Enthralling and empowering. No book has transformed my life more."

-Todd Cooper, CEO of Waxelene

"Compelling and action inspiring - people at every age can experience the deep knowledge and wisdom her rich story effortlessly delivers on her powerful, holistic journey to radiant health and happiness. Tara is one of this generation's great Wellness leaders!"-Josh Rosebrook, Founder of Josh Rosebrook Skin & Haircare

"Part personal journey, part health advice, Mackey's book expands from her blog, The Organic Life, and delves into ways to heal the body and the mind. Readers who enjoy either the memoir aspect of a woman who heals herself, or those looking for some tested natural and noninvasive remedies will enjoy this." - Booklist

About the Author

Tara Mackey is a certified lab analyst and environmental technician. In 2012, she started *The Organic Life Blog*, where she continues to share her natural living advice with readers. In addition to blogging, she is also a musician, an agency model, and an actress. She is a regular contributor to *Happiness & Wellbeing Magazine*, *POPSUGAR Fitness*, *Lucky Magazine*, and *True Luxury Life*. Tara resides in Los Angeles and

Encinitas, California.

Users Review

From reader reviews:

Rosa Rogers:

Now a day people who Living in the era where everything reachable by connect with the internet and the resources included can be true or not need people to be aware of each info they get. How many people to be smart in acquiring any information nowadays? Of course the reply is reading a book. Looking at a book can help folks out of this uncertainty Information specially this Cured by Nature: How to Heal from the Inside Out, Find Happiness, and Discover Your True Self book because this book offers you rich info and knowledge. Of course the data in this book hundred per cent guarantees there is no doubt in it as you know.

Deloris Wagner:

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Antonio Nelson:

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Sophia Hardee:

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