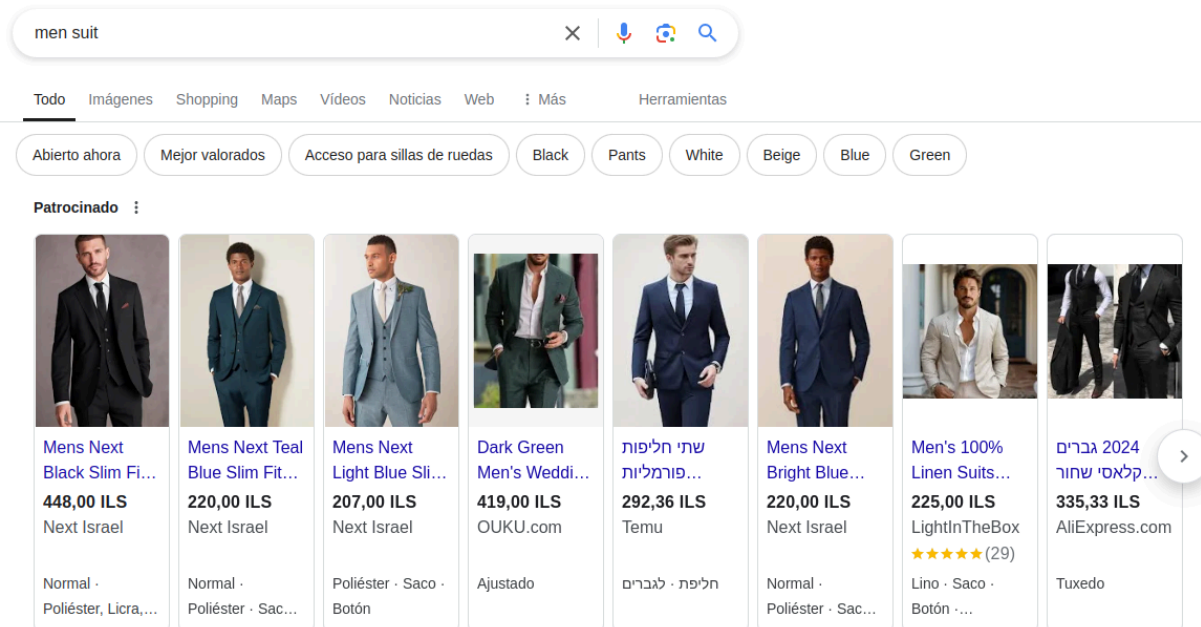


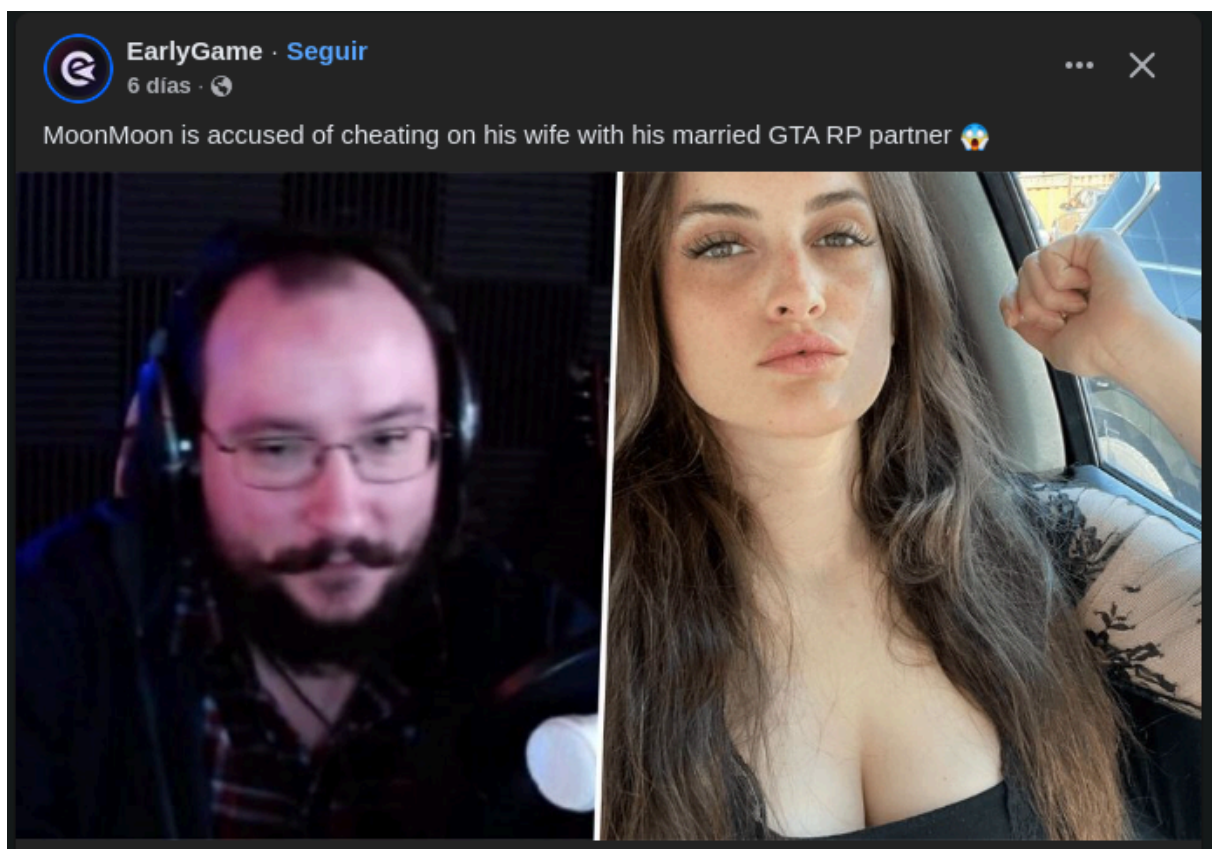
MISSION 1: BUSINESS 101

GOAL: Seek examples online about:

1. Active attention:



2. Passive attention:



**Invest in a luxurious and
profitable lifestyle.**

INVEST IN
Beachfront LUXURY

BUKNARI, GEORGIA



BUKNARI



buknariresort

Más información



Invest in Buknari Hotel-Style Apartments! ...

Publicidad



3. Increasing desire

Barbara's speaking clients:

AIG, Avon, Bank of America Merrill Lynch, Barclay's, Business Insider, Business Women's Forum, California Association of Realtors, Cigna, Cobank, Coldwell-Banker, COX, Entrepreneur Magazine, Ernst & Young, First Commerce Credit Union, GE Ventures, Greater Boston Association of Realtors, Harvard Business School, Health Industry Distribution Association, HR Southwest, Inc Magazine, International Game Technology, JP Morgan, KPMG, McGraw Hill, Merrill Lynch Bank of America, Morgan Stanley, National Association of Professional Women, National Business Owners Corporation, The New York Times, PNC Bank, Price Waterhouse Coopers, Prometric, Xerox Global Business, TEDx, TEG Federal Credit Union, T-Mobile, Tennessee Tech University, Texas Mortgage Bankers, Thrivent Financial, Wells Fargo, Yahoo!

4. Increasing the belief in the idea

imagine
ACHIEVING SUCCESS WITH EASE AND FLOW

You're a high-achieving, work-for-what-you-want individual – and it's served you well! Only problem? Your relationships, self-care, and other aspects of everyday life have taken a backseat to your business.

The only speed you know is GO, GO, GO, which makes it hard to slow down and show up for yourself (and others) in a meaningful way. Now, your frantic pace is starting to sabotage ALL areas of your life.

you might be feeling

OVERWHELMED

You're juggling so many **responsibilities** that you feel like your brain is being pulled in a million directions. Your to-do list feels like it's *never-ending*.

NEGLECTFUL

Because you're constantly busy, you never have time to *pause* and **reflect**. Deep down, you know it's your way of avoiding sitting with your thoughts and feelings.

OVERWORKED

You're always striving for that **next big goal**, and when you fall short, you're unnecessarily hard on yourself. Giving yourself a break just *isn't* an option.

5. Increasing Trust

SELECTED PRAISE FOR *GLOW IN THE F*CKING DARK*



"Tara Schuster is a phenomenal storyteller—a woman who insisted on reclaiming her agency, to shine in bleak circumstances. *Glow in the F*cking Dark* is a revealing and powerful book that lit me up from the inside out."

—GLENNON DOYLE, #1 New York Times bestselling author of *Untamed*, founder of Together Rising, and host of the podcast We Can Do Hard Things



"Tara Schuster has done something remarkable: She's written a guide to facing the slings and arrows of life that's both delightfully irreverent and disarmingly earnest. You'll laugh, you'll cry, and you might just come away stronger and better."

—ADAM GRANT, #1 New York Times bestselling author of *Think Again* and host of the TED podcast WorkLife



"Healing takes effort—and we can't do it alone. In *Glow in the F*cking Dark*, Tara Schuster guides us along as she finds her way through her own pain and offers honest, often funny, and actionable advice for taking charge of your emotional health."

—LORI GOTTLIEB, New York Times bestselling author of *Maybe You Should Talk to Someone* and co-host of the podcast Dear Therapists



"*Glow in the F*cking Dark* proves that Tara Schuster is a modern-day guru for people who really hate gurus. Ruthlessly authentic and bitingly hilarious, Tara takes us on a roller coaster of self-discovery, revealing that we are *all* the student and the teacher on our own paths to growth and healing."

—MELISSA URBAN, Co-Founder of the Whole30 and bestselling author of *The Whole 30* and the forthcoming *The Book of Boundaries*