

# ABOUT THE AUTHOR

## Tara Paterson



*The Professional Side:* ACPI Certified™ Coach for Parents of Intuitives, **TARA PATERSON**, a nationally syndicated columnist; parent advisor; and author of over 100 parenting and spiritual articles published in newspapers and on the Internet. She draws her insights from parenting three highly intuitive children and her own personal experiences.

In 2004, Paterson first entered the publishing world when she launched Moms In Print, a publishing company created to assist and educate mom authors. Moms In Print published *Misadventures of Moms and Disasters of Dads*. In 2005, Paterson created the nationally recognized Mom's Choice Awards®, an awards program which recognizes a mom's role in selecting family friendly businesses, products, and services for her family. The Mom's Choice Awards is supported by well-known and reputable companies and celebrities and has positively impacted many family oriented businesses.

Tara's entrepreneurial spirit first revealed itself in 2001 when she launched her web business [www.JustForMom.com](http://www.JustForMom.com). She has also gone on to create the Just For Mom Foundation, an organization whose main goal is to support moms in finding their inner passion by providing resources to assist her on her journey.

- Her most recent accomplishment was receiving her certification as a parent coach from the Academy for Coaching Parents International. Her accreditation is as a Certified Coach for Parents of Intuitives.
- She launched her web site- [www.ParentingIntuitives.com](http://www.ParentingIntuitives.com), in early 2008.
- She is a spokesperson for the Mom's Choice Awards. Her role includes filming live interviews; live interaction on her parenting blog; and attendance at trade shows such as *Book Expo America* and the *ABC Kid's Expo*.
- She is a nationally syndicated columnist for American Chronicle Newspapers and Parenting Universe as well as a monthly contributor for Children of the New Earth Publications.
- She is a parenting advisor for Parental Wisdom, Maximum Balance, and a featured speaker for the Momference.

- Her articles appear in over 50 online publications and her newsletter database consists of over 16,000 subscribers.
- She has been quoted in Parenting Magazine and the USA Today; and was featured in the Washington Post business section among other local and national print publications. Her web site was also highlighted in a number of national magazines and TV programs including *Newsweek* and CBS' *48 Hours*.
- Tara is a trainer for the Academy for Coaching Parents International; she is a board member for a non-profit, the *Reading Tub*; and she has contributed to several published works such as the *Momference Guide to Love and Relationships* and the *Momference Guide to the Holidays*. She is also a devoted wife and mother to three children, ages 11, 7 and 3.

### **On a More Personal Note**

At age ten, Paterson witnessed her mother experience a psychotic break from reality. It would be several years before she learned that her mother was diagnosed with Schizoid Affective Disorder.

For many years, Paterson struggled with her own spiritual gifts, fearing she would end up like her mother. In 2005 after undergoing a shamanic clearing, Paterson learned she had suffered post-traumatic stress disorder, having been raised by her mentally ill mother. She began to trust her spiritual gifts again as the awareness of her children's intuitive abilities revealed themselves.

Tara noticed that her intuitive abilities grew with the birth of each of her children. When her second child Caden was a baby, she noticed her attention drawn to the magnificent energy this child exuded. She uses the word "love" to describe his energetic presence. By the age of three, Caden talked with his mom about the colors he saw in his room at night. They would frighten him, but he was aware they were there to protect him also. By age 5, Caden would describe the colors he saw around the kids and adults in his class. He knew by the color what type of emotion the person was experiencing. Paterson recalled her own experiences as a young child, lying in bed and seeing colors dance around on her ceiling.

To this day, Tara continues to have intuitive experiences with the people in her life.