



MEDIA KIT

TARA GERAGHTY ELLIS

AUTHOR OF
VISABLE AND EMPOWERED



About VisAble and Empowered



VisAble and Empowered

Tara's Top Tips for
Living Freely, Fully, and On Purpose

Tara Geraghty-Ellis
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What if you were able to live a life brilliantly beyond yours or anyone else's expectations? Living with a disability or chronic illness can be extremely frustrating. In addition to the pain and symptoms you have to deal with there are the many barriers you face on a daily basis. Then when you try to get anything done to improve your life, you are faced with a world that does not understand or seem to care. You are left feeling invisible.

I am here to tell you that I completely understand as I have been there myself. I also want you to know that **YOU HAVE VALUE**. Once you learn the insider secrets the people in power are keeping from you, you will be able to

- Identify your greatest desires and dreams in life
- Make plans to successfully reach your goals
 - Support yourself financially
 - Find love
- Gain employment or self-employment
 - Apply for disability benefits
 - Advocate for your needs
- Discuss your healthcare needs with professionals
 - Meet others and form relationships
 - Tell your story and be heard

About Tara Geraghty-Ellis



Tara Geraghty-Ellis is a Masters-level Social Worker. In her early years, she struggled to find her place in the world, and has dealt with barriers and discrimination all throughout her life. Through it all, she found her voice and her calling to serve and empower other people with disabilities and chronic illnesses. She has worked in government, healthcare, mental health, non-profit, for-profit and big business. She has witnessed first-hand the ways decisions are made and is now excited to share the insider secrets with you.

Interview Topics

Tara is available for interviews or commentary on many topics including the following:

- Living with disability.
- Disability rights.
- Barriers faced by persons with disabilities and how they can overcome them and reach their goals..
- How persons with disabilities can advocate for their needs.

Ordering Information

Print Specifications:

- 168 Pages
- Black & White - Paperback
- Black & White - Hardcover (Casebound)
- 6.0 x 9.0 Inches

BISAC Categories:

- SOC029000
- SOC031000
- SEL044000

Search Keywords:

- Empowerment
- Disability
- Visible
- Special needs
- Independence
- Support
- Handicap

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