

About Therèse Tappouni

Author of *The Promise: Revealing the Purpose of Your Soul*



It was late in life when Therèse Tappouni realized how she responded to grief was a choice only she could make. After the devastating loss of her child and the end of her 36-year marriage, Tappouni was forced to face this difficult transition head-on, turning the tragedy she faced into a positive direction for her life.

A prolific author of four books and a CD spanning subjects from spiritual growth to women's issues, Tappouni turned again to writing to share with others what she learned from her own journey of personal fulfillment. Her newest book, *The Promise: Revealing the Purpose of Your Soul* (Synergy Books, February 2008, \$19.95, 978-1-933538-97-6), describes how fulfillment is found: not by attaining wealth or possessions, but by discovering and accomplishing your life's purpose. According to *The Promise*, before we are born, each person makes a commitment or promise to themselves that they will do their best to fulfill their individual destiny in life. It is only by discovering this purpose that we can ever truly live our lives to the fullest.

In addition to her work as an author, Tappouni is the co-founder of the ISIS Institute, an organization dedicated to providing training and classes on spiritual growth, stress relief and grief recovery. Tappouni has conducted workshops for the past 13 years that focus on helping women search for meaning in life and rediscover the Sacred Feminine. She and her life partner, Lance Ware, also conduct workshops for couples, which focus on relationships in transition and the rekindling of sacred and sexual energies, as well as writing workshops. In her counseling, classes and workshops, Tappouni utilizes her experience as a time-dimension therapist, somatic-intuitive practitioner and board-certified hypnotherapist.

Tappouni's busy schedule includes room for many writer's groups, women's groups and community-based organizations. She has served on the boards and committees of the Chopra Foundation, Teacher Corps and The Writer's Voice. She is also a member of the National Association of Female Executives, the International Women's Writing Guild and the Society of Children's Book Writers and Illustrators, among others.

Tappouni's other works include *Lot's Wife*, *Night Gardening: Passionate Poems for the Beloved*, *Walking Your Walk: A Woman's Guide to a Spirit Filled Life* and *A Time to Reap*. She has also been published in many literary publications and anthologies, including the Grammy-nominated *Grow Old Along With Me: The Best is Yet to Be*. Tappouni lives in Indian Shores, Fla., a small town near Tampa. She has five grown children and three grandchildren. For more information about Tappouni and *The Promise*, visit www.isisinstitute.org.