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HEALTH & WELLNESS



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October 4th 2018: Breaking Bad Habits with Tara Mackey

Do you have bad habits you can't seem to quit? On this week's episode of Healthy View Radio, we'll be talking about breaking those bad habits and transformational healing techniques using Tara Mackey's four-step WILD Method. Tara is the founder and CEO of The Organic Life, a successful holistic and sustainable living platform, and is a widely recognized social media personality with over 463,000 instagram followers. She founded the organic beauty company Genetix Skincare and is the #1 best-selling author of Cured by Nature, and WILD Habits. We'd also really love to hear from YOU - leave a

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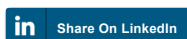


Tara Mackey

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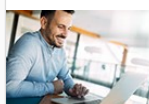
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