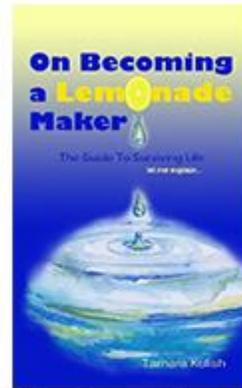


# Tamara Kulish

Author, Blogger, Artist. Photographer  
Contact: [T\\_kulish@yahoo.com](mailto:T_kulish@yahoo.com) 573-714-4964



Featured on:



MindBodyNetwork.com



<http://mindbodynetwork.com/>

<http://www.Lemons2.com>

Website/Blog: <https://onbecomingalemonademaker.wordpress.com/>

Artist website: <http://tamara-kulish.artistwebsites.com/>

Facebook:

<https://www.facebook.com/tamarafineart/>

<https://www.facebook.com/onbecomingalemonademaker/>

*[Bios of different lengths: Tamara Kulish PDF](#)*

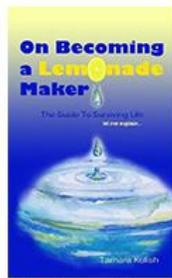
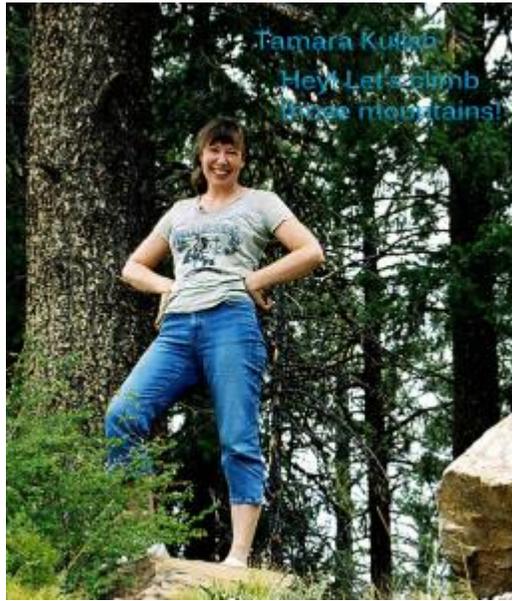
[Take a look at how 2015 went for me!](#)

[Would you like to see my Art Resume? Click here!](#)

[Click here to read a little history of how Tamara got started writing!](#)

*[About Tamara and Contact Form](#)*

Headshot:



Featured on:



MindBodyNetwork.com



400 x 400 pixels, 72 DPI

## [Bio: Tamara Kulish PDF of all lengths](#)

Links to Bios in this doc:

- [Bio – written first person – 472 words](#)
- [Long Bio in Press Kit: 349 words](#)
- [Med Bio in Press Kit: 246 words](#)
- [Short Bio in Press Kit: 199 words](#)
- [Super Short Bio: 88 words](#)

### **Bio – written first person – 472 words**

Tamara Kulish

Contact: [T\\_kulish@yahoo.com](mailto:T_kulish@yahoo.com) 573-714-4964

I'm an artist, an author of 'On Becoming a Lemonade Maker', a blogger, a photographer and a life voyager. My artistic training started at the age of 8, when I started taking a few 2 hour art classes per week in my mother's studio to help fill up the classes, and then at the age of 15 this allowed me to become a teacher's assistant, and soon take over the running of one of the 3 studios she operated.

Trained at an early age to observe and to learn intensively, I applied this ability to view life from an observer's perspective to try to unravel life's secrets, and later in life became a writer. Taking photos became one of my guilty pleasures, and many times I would stop and take a photo of something which held absolutely no interest for anyone around me, and even prompted some to ask, 'Why are you taking a picture of that?' Once the photos were downloaded to the computer, people could see the striking photo and understand a little better what had captivated me!

This artist has lived through many ups and downs, and has found that creativity has been expressed in a few forms. Depending on what is going on in my life and the available materials, I'll create to express joys, sorrows and a whole array of emotions. Art has been a way to express the beauty around me, has saved my sanity through the difficult times and has opened other doors to creativity.

You might think that one would have to choose between writing and making art and photography, but I've found that as I found her writing voice, I tapped into deeper areas inside of myself, which brought more depth to my art making and even to the photos!"

The artist is currently living with her family in the Heartland of America; she was born in Montreal and lived there most of her life. She moved from one extreme temperature climate to the desert in Tucson, Arizona, which is at the other extreme of temperatures. Life then led her to live in Santa Fe, New Mexico for a couple of years, and then to Missouri, to be with her daughter and her grand kids. Each one of these areas has influenced her art, her photography and her writing, so you'll see a mixture of these styles and influences!

Book: "On Becoming a Lemonade Maker", available as a Kindle, a paperback and audio book: check out Amazon and Barnes and Noble!

Blog: [www.onbecomingalemonademaker.WordPress.com](http://www.onbecomingalemonademaker.WordPress.com)

Art Prints: <http://fineartamerica.com/profiles/tamara-kulish.html?tab=artworkgalleries> Just so you know, if you like anything and want to save it for later, you can pin it to one of your Pinterest boards, and when you click on the image, it will link directly back to the artwork page!

Artist website: <http://tamara-kulish.artistwebsites.com/>

## Long Bio in Press Kit: 349 words

Tamara Kulish: Author, Artist, Photographer  
Contact: [T\\_kulish@yahoo.com](mailto:T_kulish@yahoo.com) 573-714-4964

Tamara has been involved in art for most of her life, having started out taking multiple art classes per week in her mother's studio to help fill out the numbers of students and at the age of 15, she became an assistant art teacher.

One would have very naturally thought that she'd become an artist and art teacher, which she did for a few years, but life has a way of intervening and sending us down alternate paths! Her different careers: Industrial Draftsman for the Pulp and Paper Industry, Medical Illustrator, Fashion Designer, Graphic Artist, Executive Assistant, Editor for Feature Film manuscripts, Artist/Private Art Teacher, Photographer, Author...

Tamara definitely didn't think she'd become an author, but it was the publisher of her first book, an illustrated children's book, who suggested she write down some of her philosophical thoughts and turn them into a book... so "On Becoming a Lemonade Maker" was born! (Available on Amazon: [http://www.amazon.com/Tamara-Kulish/e/B00IVWCAEI/ref=dp\\_byline\\_cont\\_pop\\_book\\_1](http://www.amazon.com/Tamara-Kulish/e/B00IVWCAEI/ref=dp_byline_cont_pop_book_1))

Once the Lemonade book was published, she found out she needed to build her author platform, and the On Becoming a Lemonade Maker blog was started. (<https://onbecomingalemonademaker.wordpress.com/>) Tamara had included quite a number of quotes in the book, so it only seemed natural to her that she should take some of her quirky photos and add these quotes to them so she could have something to embellish the blog pages with. In 2015 the blog was grown to become a 17 page website!

After creating these JPEGs, it seemed logical to seek a way to sell these images online... which started the galleries on Fine Art America! <http://fineartamerica.com/profiles/tamara-kulish.html> Opening that account led her to sharing quite a lot of her artwork and photos! The work is available in a widening range of great quality products, from wall art to Duvet covers, throw pillows to t-shirts and cell phone covers, even to shower curtains!

The simple blog has now evolved into a website where Tamara not only writes about life as she sees it, shares her art and photos but also showcases authors, artists and bloggers!

## Med Bio in Press Kit: 246 words

Tamara Kulish: Author, Artist, Photographer  
Contact: [T\\_kulish@yahoo.com](mailto:T_kulish@yahoo.com) 573-714-4964

Tamara has been involved in art for most of her life, having started out taking multiple art classes per week in her mother's studio, she moved on to become an assistant art teacher. One would have very naturally thought that she'd become an artist and art teacher, which she did for a few years, but life has a way of intervening and sending us down alternate paths! Her different careers: Industrial Draftsman for the Pulp and Paper Industry,

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The blog has evolved into a website where Tamara not only writes about life as she sees it, shares her art and photos but also showcases authors, artists and bloggers!

## Alternate Short Bio: 120 words

Tamara Kulish: Author, Artist, Photographer  
Contact: [T\\_kulish@yahoo.com](mailto:T_kulish@yahoo.com) 573-714-4964

Tamara Kulish is an ex-pat Montrealer currently living in Missouri via Tucson, Arizona then Santa Fe, New Mexico. She is an [Author](#), a [Blogger](#), and an [Artist](#) who writes about her experiences through her sometimes quirky, yet mostly 'Life's Answers Seeker' point of view! If you want more information re her articles, Press Kit, life's journeys etc., go [here](#)!

Tamara has been involved in art for most of her life, having started out in her mother's studio as a student and later becoming an assistant art teacher. Tamara's publisher of her first book, an illustrated children's book, suggested she write down some of her philosophical thoughts and turn them into a book... so "On Becoming a Lemonade Maker" was born!

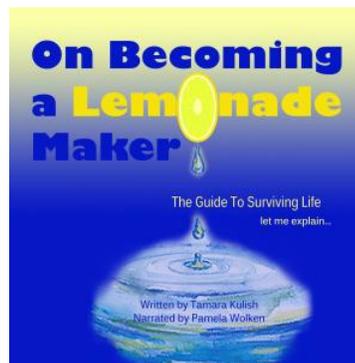
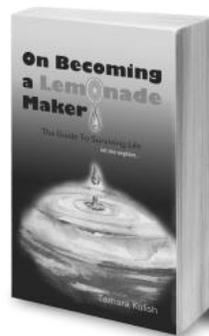
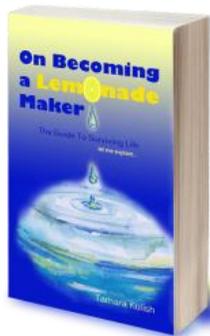
## Super Short Bio: 88 words

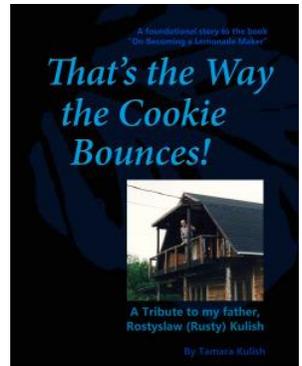
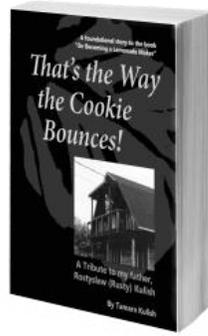
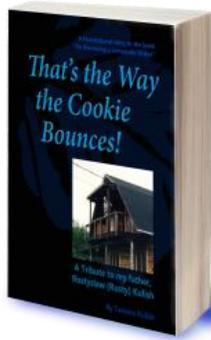
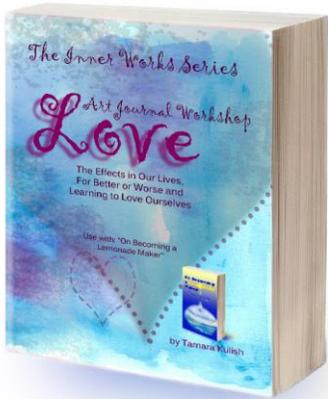
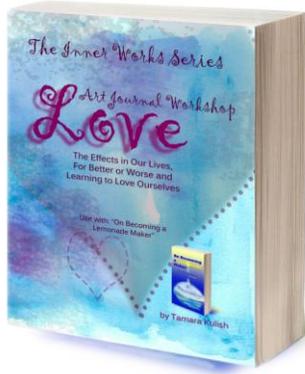
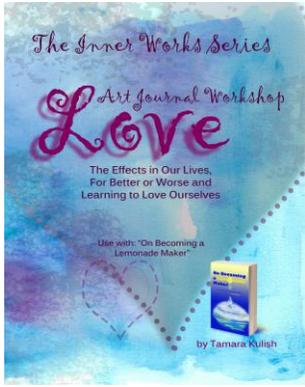
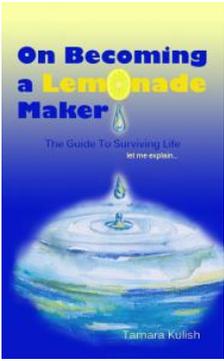
Tamara Kulish: Author, Artist, Photographer  
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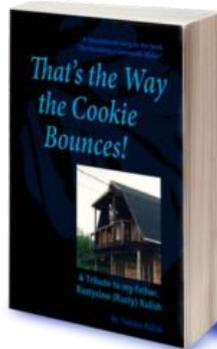
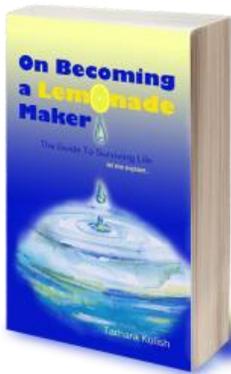
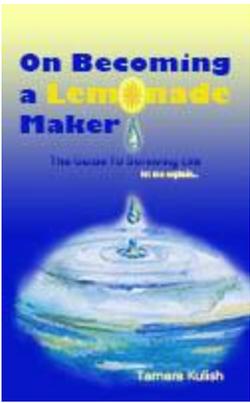
## Book Cover Images:

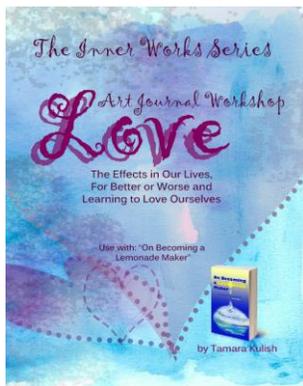
*300 DPI:*





72 DPI:





[To order On Becoming a Lemonade Maker from Amazon:](#)

**I've been turning the lemons in my life into yummy lemonade for years, and now I'm here to help YOU!**

**Surviving life just became so much more do-able!**

This emotionally supportive guide and resource is written in a **non judgmental** way, so you feel you and the author are sitting together while you gather your strength to overcome so many of life's issues.

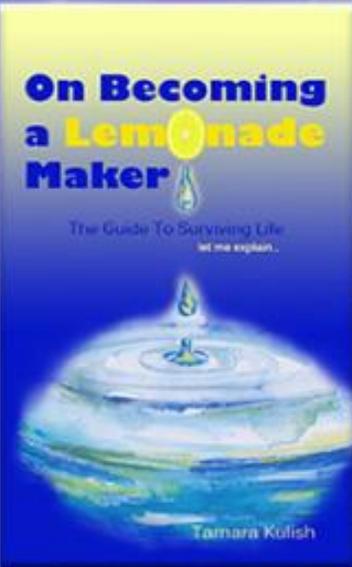
**About the book and the Author:**  
The author speaks from experience, having survived a physically and mentally abusive childhood which was spirit breaking. Tamara spent many years struggling with hidden depression and the negative self-talk that inner pain brings on.

Tamara has used her skills as an Artist and Photographer to work through her deepest and most painful life issues, and now she shares what she learned with you!

This book is the accumulation of all the hard-won lessons she learned, written and organized in a way she feels will help others.

This book shares some of her difficult experiences as a way of gently illuminating certain points and to give hope that **healing and happiness are possible!**

**This is the Guide to Surviving Life!**



*Listen to the 1st 15 minutes from the AUDIO BOOK!*

[youtube <https://www.youtube.com/watch?v=2aTBTgnHsv0&w=560&h=315>]



Available as: [Paperback](#), [Audio book](#) and [eBook](#)!

### Short Book Blurb:

Surviving life just became so much more do-able! This emotionally supportive guide and resource is written in a non-judgmental way, so you feel you and the author are sitting together while you gather your strength to overcome so many of life's issues.

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### Reviews:

[An Awesome Review and Interview by Ann Livi Andrews!](#)

<https://onbecomingalemonademakermaker.wordpress.com/2015/05/07/an-awesome-rev...n-livi-andrews/>

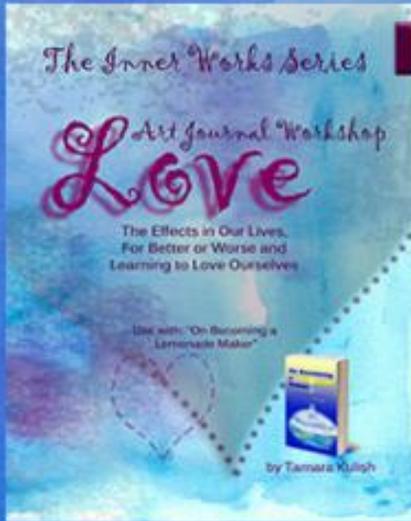
[Your Worst Critic Turns into Major Fan!](#) <https://onbecomingalemonademakermaker.wordpress.com/2015/01/21/your-worst-cri...into-major-fan/>

[Missing or Rejected Reviews on Amazon...](#)

<https://onbecomingalemonademakermaker.wordpress.com/2015/01/12/missing-or-rej...iews-on-amazon/>



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I help you find peace and wholeness in your relationships with this awesome workshop which opens up all the areas of your brain, allowing important connections to be made!

**So color outside of the lines!  
Allow yourself to be free!**

This Workshop has been designed to work with the **JUICY** book "On Becoming a Lemonade Maker" by Tamara Kulish as a companion piece to help you explore the lessons and the inner knowledge you are building!

So, **COME**, let me help you, **SUPPORT** and **ENCOURAGE** you through this journey!

Need more pages to complete your workshop?  
Do you want to frame some of your creations and want only one side printed?

**Here you are!**



### **Testimonials:**

"I think the idea of the workbook is brilliant and I think people will find the content very helpful. It is certainly very 'on trend' with the doodling/colouring aspect." - Dorothy Berry-Lound, Managing Partner of HOST Policy Research, Reiki Master and Artist, Italy

I really like it a lot! Everything I have read has just been fun and easy to accomplish. I could really see myself doing this as a workshop in the schools and using it for therapeutic mindfulness, even individually! L. Rich, United States



## **Are you a Book Reviewer or Book Blogger?**

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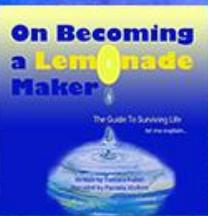
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Also, if Amazon thinks we know each other it could remove the review, since it feels the review from "friends or family" is biased!

*Here are the easy buttons to write your review!  
Yes! Click on the one you need!*

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## Speaking Events:

Tamara has spoken at two AmeriCorps Job Fairs at Three Rivers Community College which was organized for High School Students, where at each event she spoke with three different classrooms of students.

The first year, 2014, she spoke about being an artist (Fine Art, Graphic Art, Medical Illustrator, Fashion Illustrator, Photographer) and a published children's book author and illustrator.

The second year, 2015, she spoke about being an author and a blogger. She brought in her books and samples of her work which was passed around the class. The Q&A sessions were lively, with the students engaged and asking insightful questions, which showed they were not only interested in Tamara's career, but were picturing themselves doing the same thing and were trying to figure out how they could!

After each class she spoke with, students became so interested in the field she was presenting, that they told a couple of the organizers that they had decided what they wanted to do with their lives!

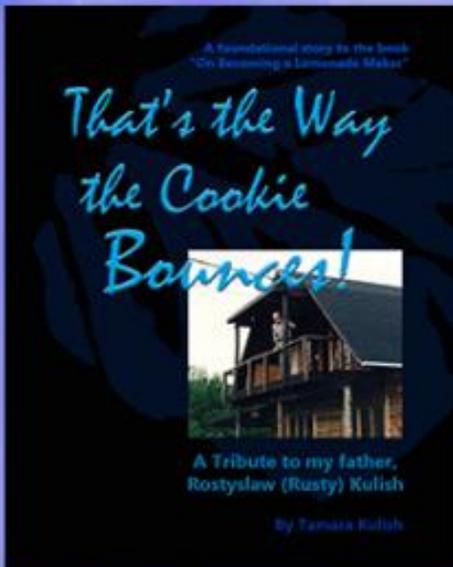
## Previous speaking events:

Tamara has also spoken at women's church events and at business women's luncheons. She has given art healing workshops to groups of 50, and her many years as a private art teacher helped her feel comfortable speaking in front of groups.

Book Cover Images: (please contact me if you need alternate formats)



## What started out as a short story to honor my father has evolved into a mini eBook!



This is the story of a man who was taken from his parent's home at the age of seventeen by Hitler's soldiers, to be put into a slave labor camp. At the end of World War II, when the Allies liberated the death and slave labor camps, my father immigrated to Montreal, Canada, where he became a strong part of the Ukrainian community and where his legacy of music still lives on.

He was a gentle influence on many people, and helped to create a profound foundation in my life from which I subconsciously drew my own lessons of life. It was only as I was taking the time to write his story, with the delving into memories almost forgotten, that I came to realize just how much of an influence he had in my life!

I've made some interesting emotional connections between what my father and mother went through during World War II which played out in my life as a child and continued to affect me as an adult, I see this mini book as a sort of prelude to the book "On Becoming a Lemonade Maker".

Having come out of the end of the tunnel of the difficulties in my life, I was drawn to and urged to write in order to share some of my perspectives and lessons. Since my parent's past affected mine, I felt it was only fitting to release this as part of my foundational story to the book "On Becoming a Lemonade Maker".

For families who have gone through very difficult times, and for the individuals who are trying to make peace with their own pasts, this little book may help to shed some light into their situation and help to prepare the ground in your hearts to better delve into "On Becoming a Lemonade Maker"! (Available on Amazon and Barnes and Noble!)

Thank you Dad for helping me, which will in turn help many people!

### Short Book Blurb:

What started out as a short story to honor my father has evolved into a mini eBook! This is the story of a man who was taken from his parent's home at the age of seventeen by Hitler's soldiers, to be put into a slave labor camp. At the end of World War II, when the Allies liberated the death and slave labor camps, my father immigrated to Montreal, Canada, where he became a strong part of the Ukrainian community and where his legacy of music still lives on decades after his death.

## Long Book Blurb:

### A Tribute to my father, Rostyslaw (Rusty) Kulish

What started out as a short story to honor my father has evolved into a mini eBook! This is the story of a man who was taken from his parent's home at the age of seventeen by Hitler's soldiers, to be put into a slave labor camp. At the end of World War II, when the Allies liberated the death and slave labor camps, my father immigrated to Montreal, Canada, where he became a strong part of the Ukrainian community and where his legacy of music still lives on.

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## Follow Tamara:

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This is my author page where you'll find the list of all my books for sale, and where you can buy! Be sure to follow me here!

**Facebook:** <https://www.facebook.com/onbecomingalemonademaker?ref=bookmarks>

This is my public Facebook page for my books!

<https://www.facebook.com/tamarafineart>

This is my public Facebook page for my artwork!

**Fine Art America:** <http://fineartamerica.com/profiles/tamara-kulish.html>

Come and see my artwork and photos! Be sure to follow me here too so you'll be kept up-to-date with all the new things I upload! My work is available in a widening range of great quality products, from wall art to Duvet covers, throw pillows to t-shirts and cell phone covers!

**Goodreads:** [https://www.goodreads.com/author/show/7985503.Tamara\\_Kulish](https://www.goodreads.com/author/show/7985503.Tamara_Kulish)

Ask me any questions you may have regarding this book! ...or other books!

**LinkedIn:** <https://www.linkedin.com/today/author/48850779?trk=prof-sm>

Connect with me to follow my Blog posts!

**Pinterest:** <https://www.pinterest.com/TamaraKulish/>

**Twitter:** [https://twitter.com/t\\_kulish](https://twitter.com/t_kulish)

**WordPress Blog:** <https://onbecomingalemonademaker.wordpress.com/>

I write about various things going on in my life, keeping you up to date with new events and experiences!

**RSS feed** to automatically repost my WordPress blog articles (just copy/paste to the appropriate place, which differs from website to website):

<https://onbecomingalemonademaker.wordpress.com/feed/>



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## Background!



### *How On Becoming a Lemonade Maker got started...*

“On Becoming a Lemonade Maker” is the second book I had published! The first one was an illustrated children’s book, titled “Cannelle in Her New Home” by Edico Oy in Finland. Unfortunately it is no longer available, but my trip to Finland to sign my book contract was a huge pivotal point in the development of my Lemonade book!

When I was in Finland signing the contract for my first illustrated children’s book, my publisher with Edico Oy suggested I create a photo book of the images I had taken of the flowering cacti in the desert and write out some of my philosophical thoughts. Once I returned back to Tucson, Arizona I did create the rough drafts for a series of three books, (which will be published at a later date!) but in the process of the copious amounts of writing I was doing, the Lemonade Maker book pushed itself to the forefront.

Thanks to my publisher I felt empowered to write about the lessons I had learned during my life. I wrote and wrote, filling up many small notebooks I carried around with me. As I rode the bus to get to work, I had many people asking what I was doing, and when I replied that I was writing a book, there were some who laughed at me, not seeing how my little notebooks would ever be able to morph into a book! [Click here to read more!](#)



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