



# TARA PETERSON

*Author of Voices to Victories  
| Speaker | Founder*

*I spent years trying to control everything—my image, my addiction, my life—until I realized control itself was the illusion.*

## ABOUT THE AUTHOR

Tara Peterson is the author of *Voices to Victories: Addiction. Illusion. Control*. Her work explores addiction, mental health, grief, and faith—revealing the moment she realized control was an illusion and the life that began when she finally let go.

## ABOUT THE BOOK

*Voices to Victories* is a cinematic memoir that follows Tara Peterson's journey through addiction, mental health struggles, grief, and spiritual awakening. The story moves through chaos, unraveling, and ultimately redemption—revealing how faith, honest self-reflection, and a willingness to let go of control can rebuild a life that once seemed beyond repair.

## SPEAKING TOPICS

**The illusion of control in addiction**

**Why addiction often hides behind functional, successful lives**

**The connection between mental health and substance use**

**Why rock bottom isn't a moment—it's a decision to stop digging**

**Grief, faith, and rebuilding life after loss**

**Rebuilding identity and purpose beyond addiction**

## SUGGESTED TALKS & CONVERSATIONS

Tara Peterson speaks about addiction, mental health, grief, and faith through her lived experience. Her talks combine honest storytelling, practical insight, and spiritual reflection—inviting audiences to rethink the illusion of control and discover the possibility of rebuilding a life beyond addiction.

### Available for

- Podcast and media interviews
- Recovery and mental health conferences
- Church events and faith gatherings
- Women's workshops and community events

## KEY THEMES IN *VOICES TO VICTORIES*

### **The Illusion of Control**

Many people believe addiction looks chaotic from the outside, but often it hides behind lives that appear functional and successful. Tara discusses how the illusion of control can quietly fuel addiction—and why recognizing that illusion can become the first step toward real change.

### **Why Rock Bottom Looks Different for Everyone**

The idea of “rock bottom” is often misunderstood. Tara shares why rock bottom isn't a single moment and why real change only begins when someone decides to stop digging.

### **Grief, Faith, and Losing the Person You Leaned On**

After losing her mother, Tara faced a kind of grief that reshaped her identity and faith. She reflects on how grief can take away someone we depended on while ultimately leading us toward a deeper dependence on God.

### **Rebuilding Life After Addiction**

Recovery isn't just about sobriety—it's about learning how to rebuild a life, identity, and purpose after addiction, loss, and the collapse of old beliefs about control.

## QUICK FACTS

- Author of *Voices to Victories: Addiction. Illusion. Control.* — a memoir exploring addiction, mental health, grief, and faith
- Speaker on recovery, healing, and rebuilding life beyond addiction
- Founder of Voices to Victories and Victory Publishing
- Founder of Anchored to Victory Foundation
- Based in North Carolina, USA

## SAMPLE INTERVIEW QUESTIONS

What inspired you to write *Voices to Victories*, and what made you decide to share such a deeply personal story publicly?

In your book you talk about the “illusion of control.” What does that phrase mean in the context of addiction and the way many people try to manage their lives?

Was there a specific moment when you realized things had to change, or was it more of a gradual awakening?

Your story includes the loss of your mother. How did grief reshape your identity and ultimately influence your path toward healing and faith?

Faith becomes a powerful thread in your story. What role did faith play in helping you rebuild your life when everything felt uncertain?

What do you hope someone who feels lost or stuck takes away from your story?

## MEDIA INQUIRIES AND SPEAKING REQUESTS

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