

# PODCAST GUEST ONE-SHEET



## TARA PETERSON

Author of *Voices to Victories: Addiction. Illusion. Control.*

Speaker of Addiction, Mental Health, Grief, and Faith

Founder of *Voices to Victories*

### SHORT BIO FOR PODCAST INTRODUCTIONS

*Tara Peterson is the author of *Voices to Victories: Addiction. Illusion. Control.* Her work explores addiction, mental health, grief, and faith through her lived experience. After years of trying to control everything in her life—from addiction to identity—she realized that control itself was the illusion. Today, Tara speaks about recovery, healing, and rebuilding a life beyond addiction.*

### CONVERSATION OVERVIEW

Tara Peterson shares her journey through addiction, mental health struggles, grief, and spiritual awakening. Her story reveals how addiction can hide behind lives that appear functional—and how real change begins when the illusion of control finally breaks.

### KEY CONVERSATION 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 INTERVIEW QUESTIONS

- What inspired you to write *Voices to Victories*?
- You talk about the "illusion of control." What does that mean in the context of addiction?
- Was there a specific moment when you realized things had to change, or was it more of a gradual awakening?
- How did the loss of your mother reshape your faith and healing journey?
- What do you hope someone who feels lost or stuck takes away from your story?
- Where can listeners find the book?

### ABOUT THE BOOK

*Voices to Victories: Addiction. Illusion. Control.* is a cinematic memoir that follows Tara Peterson's journey through addiction, mental health struggles, grief, and spiritual awakening. Through raw honesty and reflection, the book reveals how faith, surrender, and honest self-awareness can rebuild a life that once seemed beyond repair.

### QUICK FACTS

- Author | Speaker on recovery & rebuilding life beyond addiction
- Founder of *Voices to Victories* and Victory Publishing
- Founder of Anchored to Victory Foundation
- Based in North Carolina, USA

### CONNECT

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### WHERE TO FIND THE BOOK

*Voices to Victories: Addiction. Illusion. Control.* is available through major booksellers and online retailers.

Listeners can learn more at: [www.voicestovictories.com](http://www.voicestovictories.com)