



Tara Norbeck

Author · Speaker · Registered Nurse

Hope for life's darkest seasons

Breast Cancer Survivor · #1 New Release · Top 100 Bestseller
· 3 Published & Forthcoming Books

ABOUT TARA

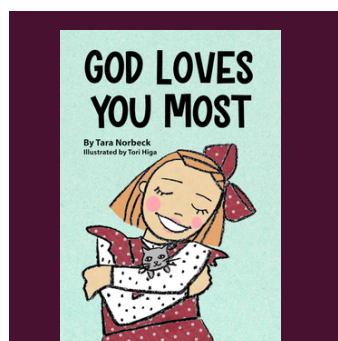
Tara Norbeck is a faith-based author and speaker whose raw honesty and personal experience make for compelling, emotionally resonant podcast conversations. She speaks from inside the experience — infertility, cancer, chronic illness, and parenting a child through addiction — offering hope that is both real and deeply anchored in faith.

Through her books and speaking ministry, Tara offers practical hope to those navigating life's most difficult seasons. She is the author of *God Loves You Most* and the forthcoming *Dear Mom of an Addict* — a lifeline for parents of children struggling with addiction — and a contributing essayist in the anthology *Peace Be With You*.

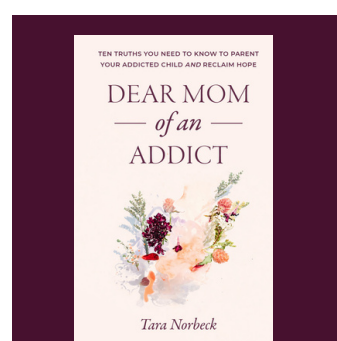
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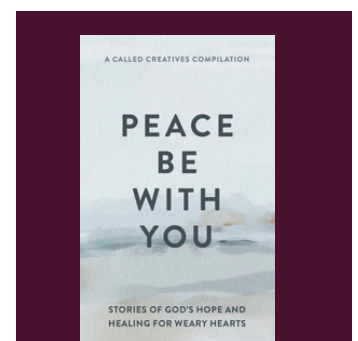
taranorbeck.com/speaking



amazon.com/dp/1961732378



Forthcoming — perfect timing for a launch episode



Contributing author
<https://www.amazon.com/dp/B0GWS9ZB2N>

BACKGROUND

Drawing from personal experience, faith, and years of walking alongside suffering, Tara offers encouragement that is both realistic and deeply hopeful. She speaks at churches, women's events, mental health conferences, and podcasts.



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INTERVIEW QUESTIONS

These questions are provided to help podcast hosts prepare for a conversation with Tara. Use them as written or as a launching point.

1. What inspired you to write *Dear Mom of an Addict*?

2. What would you say to someone who loves a person struggling with addiction or mental health conditions – and feels completely alone in it?

3. How does faith play a role in navigating a child's addiction?

4. You've walked through infertility, cancer, chronic illness, and a child's addiction – how do you hold onto hope through all of it?

5. You've written a children's book about God's love and a book for parents navigating a child's addiction – on the surface those seem worlds apart. What connects them?

6. What is the one thing you wish someone had told you earlier in your journey?
