



# Tara Norbeck

Author · Speaker · Registered Nurse

*Hope for life's darkest seasons*

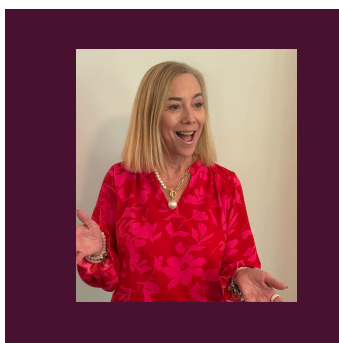
Breast Cancer Survivor · #1 New Release · Top 100 Bestseller  
· 3 Published & Forthcoming Books

## ABOUT TARA

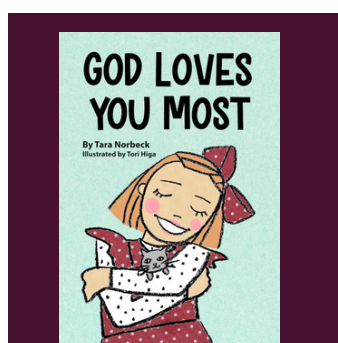
Tara Norbeck is a Christian author and speaker whose work centers on reminding hearts of a simple, steady truth: you are not alone — God is near, God is working, and His love remains steadfast. Through her books and speaking ministry, Tara offers hope, encouragement, and peace to those navigating life's most difficult seasons.

With a background as a registered nurse and a heart shaped by personal experience — infertility, cancer, chronic illness, and parenting a child through addiction — she speaks with honesty, compassion, and deep trust in God, even when circumstances don't change.

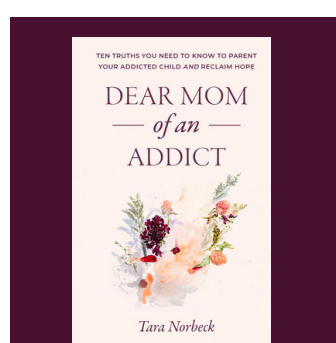
## LINKS



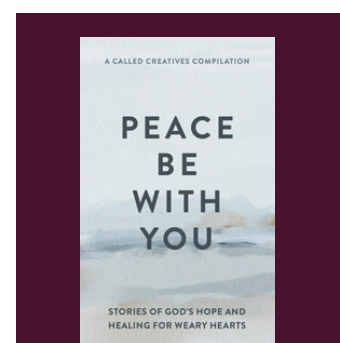
[taranorbeck.com/speaking](https://taranorbeck.com/speaking)



[amazon.com/dp/1961732378](https://amazon.com/dp/1961732378)



Coming late summer



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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## SIGNATURE SPEAKING TOPICS

Tara speaks from inside the experience – not theory. Every message is rooted in personal story, clinical wisdom, and unshakeable faith.

### WHEN LIFE DOESN'T TURN OUT LIKE YOU PLANNED

Perfect for: Women's conferences · Church events · Retreats · Corporate events · Youth rallies

Life rarely unfolds the way we imagined. With honesty, warmth, and faith, Tara helps audiences navigate disappointment, unexpected detours, and uncertain seasons – finding hope even when circumstances don't change. Attendees leave strengthened and reminded that real hope isn't wishful thinking. It comes from the Lord.

### LOVING SOMEONE YOU CANNOT FIX

Perfect for: Parents & families · Recovery ministries · Support groups · Mental health events

Loving someone struggling with addiction is heartbreaking, exhausting, and isolating. Drawing from her own experience with her son's addiction, Tara speaks with compassion and honesty about releasing false guilt, setting healthy boundaries, and finding the strength to keep loving without losing yourself.

### YOU'RE NOT LOSING YOUR MIND – YOU'RE JUST HUMAN

Perfect for: Women's events · Church gatherings · Healthcare & caregiver groups · Leadership teams

In a world that expects everyone to hold it together, many people silently carry overwhelming stress, anxiety, and emotional fatigue. With honesty, faith, and gentle humor, Tara normalizes the conversation around mental and emotional health – reminding audiences that struggling doesn't mean failing.

"Tara creates a safe, engaging environment where people feel seen, encouraged, and equipped with practical hope they can carry into everyday life."

## TARA'S AUDIENCES

• Churches & Women's Ministries

• Conferences & Retreats

• Parent & Family Gatherings

• Recovery & Support Communities

• Healthcare & Caregiver Groups

• Podcast Interviews