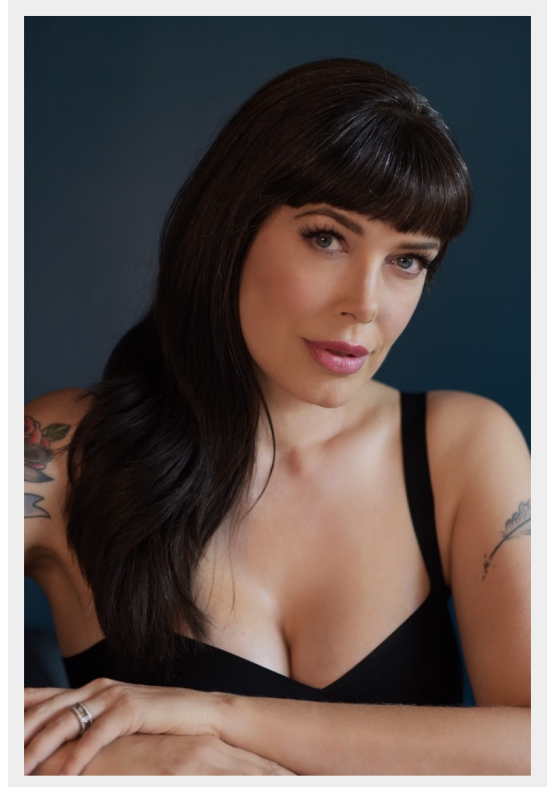


Tara Rae Moss

Author, Advocate & Healer

Tara Rae Moss is a passionate and inspiring advocate, keynote speaker, bestselling author of 14 books of fiction and non-fiction, and holistic practitioner.



More about Tara Rae Moss:

Tara Rae Moss is one of Australia's most iconic authors. Since 1999 she has written 14 bestselling books, published in 19 countries and 13 languages, including advocacy handbook for women and girls *Speaking Out*, her #1 non-fiction bestselling memoir *The Fictional Woman*, and the internationally bestselling postwar historical crime novels *The War Widow* and *The Ghosts of Paris* featuring feminist PI Billie Walker and her disabled war vet assistant Samuel Baker. Her fifteenth book is due for release in 2025.

An experienced documentary host and interviewer with a passion for research and human stories, Moss hosted the true crime documentary series *Tough Nuts - Australia's Hardest Criminals* for two seasons the Crime & Investigation Network and Amazon Prime, *Tara Moss Investigates* on the National Geographic Channel and the author interview show *Tara in Conversation on 13th Street* Universal. She was also the host, co-executive producer and co-writer of *Cyberhate with Tara Moss* on Australia's ABC, examining the phenomenon of online abuse, and most recently a reporter and host of the true crime podcast, *The Man in The Balaclava*, for Audible.

Tara Rae's passion lies with helping others and fueling positive change. She is an outspoken advocate for human rights and the rights of women, children, people living with pain and people with disabilities, and this focus informs all of her work. She has been a UNICEF Australia Goodwill Ambassador since 2007 and in 2014 she was recognised for Outstanding Advocacy for her blog *Manus Island: An insider's report*, which helped to break information to the public about the



alleged murder of Reza Barati inside the Australian-run Manus Island Immigration Detention Centre. In 2018 she was named one of the Global Top 50 Diversity Figures in Public Life, along with Angelina Jolie, His Holiness The Dalai Lama and more.

After many years at the forefront of chronic pain advocacy, in 2023 she recovered from the debilitating pain condition Complex Regional Pain Syndrome (CRPS), that caused her to experience extreme burning pain rated on the McGill pain scale as above childbirth or amputation of a digit, caused her to rely on a wheelchair for mobility, and from which she was told she would never recover. Now in full remission after living with this illness for nearly 8 years, she feels like a new person.

Tara Rae - or Rae, as she is known primarily by her middle name in her healing work - is a mother, a wife and a dual Canadian/Australian citizen, and currently resides in her hometown of Victoria, BC, the unceded territory of the Lkwungen speaking Peoples, where she is a recipient of both the Order of Lambrick Park, and the Honorary Citizen Award, the highest formal honour awarded by the City of Victoria. She is an author, speaker and certified holistic practitioner, offering work as a Shamanic Practitioner and Seiðkona, Reiki Practitioner, and a Funeral Celebrant her local community.

Tara Moss talks about:

- Labels, Leadership and Why We Need More Women's Voices: on women's representation in media, fiction, politics and public life.
- Speaking Out - A 21st Century Handbook for Women and Girls: on how to speak out and why it matters.
- Cyberhate Today: on online ethics, the state of cyberhate today and how to engage safely online.
- The Archetypal Woman: on women's representation in fiction and myth.
- The Tara Moss story: on Tara's own journey.

Client testimonials

“ Tara was wonderful. A delight to deal with and extremely accommodating, especially signing a huge number of her books that members of the audience wanted autographed. She was genuine in her praise of the Karralyka Centre facility and the surrounds and more than happy to pose for photos. Her story and DVD presentation has earned her high praise on our feedback survey including "Tara Moss was entertaining, intriguing and though provoking.

- ***Maroondah City Council***

“ [Tara,] Your skills as a speaker are outstanding, and the message you gave was one that should be heard by school students across the state



- *The Eating Disorders Support Network*

“ Stunning model and author Tara Moss proved the consummate compere.

- *Brett Lee*

“ There are few cornerstone authors in Australia...Tara Moss is definitely one, and her heroine Makedde Vanderwall ranks right up there alongside Cliff Hardy and Jack Irish as contemporary Aussie literary icons.

- *The Daily Telegraph*

“ Tara Moss never stopped holding on to hope. Despite suffering from an agonising condition dubbed 'the suicide disease', the bestselling author dreamed that one day she would walk again free from agony. And finally, Tara's courage and persistence have been rewarded. -

- *New Idea*

[VIEW SPEAKER'S BIO ONLINE](#) 

