



Anne Peshka

Speaker, Author, Podcast Host
Certified Core Energy Coach, iPEC



ABOUT

Anne Peshka is a speaker, author, Certified Core Energy Coach, and podcast host who helps forward-focused women break old patterns and build lives of intention.

Through her powerful personal journey and professional expertise, she guides others to move from pain to purpose, from default to intention, and from silence to empowerment.

As the author of **Trauma Recycled: A Memoir of Adoption, Abuse, and Healing**, Anne brings a relatable, trauma-informed voice that resonates with individuals seeking resilience, growth, and transformation. Her talks are known for blending raw honesty with practical insights, leaving audiences inspired to reclaim their truth and rise stronger than before.

SIGNATURE TOPICS

✓ **Removing the Labels Assigned to Us**

Release false identities, reclaim your truth, and step into freedom. (Break free, embrace authenticity)

✓ **Grief and Loss - Finding Gratitude Within the Pain**

Learn to honor grief while discovering gratitude and resilience. (Healing, hope, perspective)

✓ **Living in Default or Intention** Move from autopilot to intentional living with clarity and purpose. (Awareness, choice, transformation)

KEY TAKEAWAYS

- Reclaim identity
- Find resilience in grief
- Live with intention
- Build inner strength
- Step into freedom
- Embrace authentic transformation
- Cultivate gratitude and growth



"Trauma may shape us, but it doesn't have to define us. We all have the power to rise and heal and to create a life we love to live"

CONTACT

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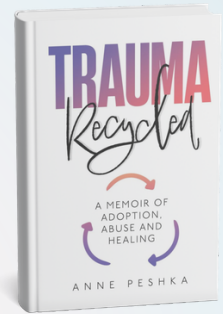
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The Book

Trauma Recycled: A Memoir of Adoption, Abuse, and Healing is Anne's raw and honest account of overcoming childhood trauma, addiction, and grief — and building a life of intention on the other side. Readers call it impossible to put down.

On Amazon: Search "[Trauma Recycled Anne Peshka](#)"



WHAT READERS SAY

Can't Put it Down

Anne shows us how your past does not have to define you... She proves you do not have to remain a victim. A must read.
— Emily Shaw

Courageous Life Story

Different parts triggered my memories and helped me review my life in a different perspective.
— Pat A.

Hope and Courage Wrapped Into One

We are all worthy of a better life no matter what our past is... Thank you Anne for sharing your story.
— Amazon Verified Reader

PODCAST & YOUTUBE

Trauma Recycled — Conversations

Each episode brings practical tools, honest conversation, and forward-focused content for women ready to build lives of intention.

Spotify: Search "[Trauma Recycled Conversations](#)"

Apple Podcasts: Search "[Trauma Recycled Conversations](#)"

YouTube: Search "[AnnePeshka](#)"

CONNECT

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