

# Nearly 40 Years After Escaping a Serial Predator, Colorado Author Shares Her Journey from Fear to Freedom

*Finally, I Can Breathe* debuted at #17 on Amazon's Survival Biographies list and features forewords from two officers who worked the case.

PALMER LAKE, CO, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- Author and licensed speech-language pathologist Tania Rife has released her debut memoir, [Finally, I Can Breathe: Finding Perfect Love Inside Fear](#), a deeply personal account of survival, faith, and healing. The memoir revisits a case later chronicled in *Bogeyman* by Steve Jackson, offering readers a rare survivor's perspective on the lifelong impact of trauma and the pursuit of healing.



Tania Rife, author of *Finally, I Can Breathe: Finding Perfect Love Inside Fear*, a memoir about childhood trauma, faith, and healing. Available now on Amazon in paperback, hardcover, and Kindle.

The book launched June 1, 2026, and quickly climbed to #17 on [Amazon's](#) Survival Biographies bestseller list, ranking simultaneously across Kindle, paperback, and hardcover editions within just two days of release. The audiobook, narrated by Rife herself, is now available alongside the paperback, hardcover, and eBook editions.

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This book is for anyone who has ever carried fear so long it started feeling like personality. Perfect love really does cast out fear. Not instantly. Not magically. But faithfully. And completely.”

*Tania Rife, Author of Finally, I Can Breathe*

When Tania Rife was six years old, a serial predator followed her home from school in a gray sedan. She escaped. But the fear he planted that November afternoon in 1987 did not leave with him.

The man responsible was later convicted after accepting a plea agreement that resulted in three life sentences. While the criminal case reached its conclusion, Rife's personal

journey was only beginning.

The crimes were later chronicled in *Bogeyman*, the acclaimed true-crime book by Steve Jackson that documented the investigation and prosecution of the offender. While the public record tells the story of the crime, *Finally, I Can Breathe* tells the story of what happened afterward: how trauma, fear, faith, and healing shaped the life of a survivor whose story has never before been told in full.

Although she built a successful life as a wife, mother of five, and speech-language pathologist, the lingering effects of trauma continued to influence her thoughts, emotions, relationships, and daily experiences. Through vivid storytelling and spiritual reflection, Rife explores how unresolved fear can quietly shape a person's worldview while remaining largely invisible to others.

"Finally, I Can Breathe is not a story about becoming fearless," Rife said. "It's about discovering that healing is possible even when fear still exists. For years I believed survival was enough. Eventually, I learned there is a difference between surviving and truly living."

Through EMDR therapy, marriage counseling, and a faith that refused to let her go, Rife began confronting the fear that had accompanied her since childhood. Rather than presenting healing as a completed destination, she invites readers into the ongoing process itself - one marked by setbacks, perseverance, grace, and hope.

The memoir includes forewords written by Retired Police Officer Bruce Bradshaw and Detective Gary Sweet, two law enforcement officers who worked the original case. Their contributions provide a rare behind-the-scenes perspective on the investigation and underscore the lasting impact violent crime can have on survivors, families, and the officers who dedicate their lives to pursuing justice.

*Finally, I Can Breathe* will resonate with readers who have experienced trauma, anxiety, loss, or seasons of emotional hardship. Readers interested in faith-based memoirs, true crime, mental health awareness, resilience, and personal growth will find encouragement and insight within its pages. Its candid approach also makes it a meaningful resource for counselors, ministry leaders, caregivers, and anyone seeking a deeper understanding of the healing process.

#### About the Author

Tania Rife, MA, CCC-SLP, is a licensed speech-language pathologist, trauma survivor, author, and advocate. She is the founder of Bloom Therapy Resources, where she provides virtual speech-language services to children and families. She is also the creator and host of *The SLP Advocate* podcast, equipping parents and professionals to navigate the IEP process and advocate effectively for children with communication needs.

Rife lives in Palmer Lake, Colorado, with her husband, Shawn, and their five children.

## Availability

Finally, I Can Breathe: Finding Perfect Love Inside Fear is available now through Amazon and [Barnes & Noble](#) in paperback, hardcover, eBook, and audiobook formats.

Amazon: <https://a.co/d/03Aaxzda>

Barnes & Noble: <https://www.barnesandnoble.com/w/finally-i-can-breathe-tania-rife/1150270485?ean=9798996296507>

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