



MEG KNIGHT

SINGER / SONGWRITER • OFFICIAL ARTIST BIO

For Meg Knight, returning to music isn't about making up for lost time. It's about arriving exactly when she's meant to.

With Brazilian roots and a lifelong connection to music, Meg began singing and writing songs at just 12 years old. Music quickly became an important form of expression, eventually leading her to perform with both original and cover bands throughout her 20s and 30s.

Then life took her in another direction.

Meg stepped away from music for nearly 15 years to focus on raising a family. During those years, her life would also be shaped by profound personal challenges. A two-time breast cancer survivor and brain tumor thriver, Meg experienced moments that changed not only how she viewed life, but how she viewed herself.

When she eventually found her way back to music, she wasn't the same artist - or the same woman - who had stepped away years before.

In 2025, Meg began a new chapter as an independent recording artist, returning to songwriting with a renewed sense of purpose. Her music blends uplifting pop and dance influences with honest storytelling, exploring themes of resilience, hope, self-discovery, empowerment and learning to love yourself through life's unexpected turns.

Her growing catalog reflects different pieces of that journey. *Another Day* celebrates moving forward and recognizing that sometimes simply doing your best is enough. *The Rise & Fall of Hope* explores falling, rising and finding the strength to begin again. *We Got This* turns fear and uncertainty into a message of courage and togetherness. And *Love-sided* takes an introspective look at self-love, healing and finally seeing yourself through a more compassionate lens.

Rather than allowing the difficult chapters of her life to define her, Meg draws from them while creating music intended to leave listeners feeling a little stronger, lighter and more hopeful than before.

Now in her 50s, Meg is building her independent music career on her own terms and embracing something she once may have thought had passed her by. Her story represents the idea that creativity doesn't have an expiration date - and neither do dreams.

For Meg, this chapter isn't a late start or even a second chance. **It's right on time.**

"It's never too late. It's right on time."

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