



# I R.E.I.G.N. A Survivor's Guide to Thrive

*Min. Annie Bell*

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There is nothing worse than watching your life pass you by while others seem to be living it up. For most survivors, the trauma of abuse almost freezes their ability to move beyond it, disallowing them to truly reach for their dreams, goals and visions; to reach for life. The fact of the matter is, **YOUR LIFE MATTERS!** You have the right to fully enjoy your life! You have something to offer the world around you. Don't allow another moment to pass you by. Seize the opportunity that **TODAY** is providing you and learn how to flourish. This book is designed as a resource, a practical guide and personal testimony to help survivors Reclaim their lives, Excel at living, Illuminate the dark, Grow in Christ and Nurture themselves and others after abuse and/or trauma...to R.E.I.G.N. Empowering them to take back their hope, peace, self-worth, self-esteem and purpose that the enemy has tried to steal, kill or destroy. The author, Minister Annie Bell is a Christian Counselor, Life Coach and Personal Wealth Coach. She is also the Founder and Executive Director of Wealth Management Ministries, Inc. As the host and creator of I R.E.I.G.N. Radio Show (an outreach of Wealth Management, Inc.) and a survivor of child sexual abuse, she endeavors to bring talk therapy to survivors of child abuse, sex trafficking and other traumas as well as provide awareness, prevention and resources to the communities of our nation. This book is a must read for those who want to go from merely existing to **THRIVING** and reigning victorious after the trauma of abuse.

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