



# Fear Is Not An Option

*Michele Anstead*

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## **Fear Is Not An Option** Michele Anstead

Michele Anstead's inspiring true story is a stunning account of ultimate triumph over the most impossible of odds. From an early age, her life was marred by abuse, deprivation, abandonment, addiction, incarceration, tragedy and loss.

Michele's downward spiral began at the age of three, when she witnessed her mother and aunt being beaten by her uncle, followed by her mother slashing open her uncle's head with a butcher knife. This incident set a horrific chain of events in motion exposing her to sexual abuse while in foster care, followed by a life on the streets filled with violence, drug abuse, poverty, and some of the worst experiences human nature has to offer.

You will be mesmerized by Michele's perseverance through these devastating events and cheer as she battles back from the brink of death to a life of promise, purpose and ultimate success. From the opening paragraph, you will not be able to put this book down.

## **Author Bio**

Michele Anstead is a child abuse and domestic violence survivor. Despite all the challenges she faced, she was able to raise her ADHD-affected son as a single mother and transition from being on welfare to completing a college diploma with honors.

Since then, she has completed a Certified Professional Counselor program, which provided her valuable insight into the healing process and expanded her knowledge on the causes and affects of abuse. As a Motivational Speaker, Trainer, Certified Life Coach and New Home Sales Professional her mission has always been to empower people through inspiration, motivation and education.

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