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***Fear Is Not An Option* Book Launch Party to Benefit Domestic Violence Shelter**

*Author Michele Anstead's Event in Support of Domestic Violence Awareness Month*

**EDMONTON, Alberta – September 27, 2015** – Michele Anstead, author, speaker and domestic violence survivor, announced today that the book launch party for her new memoir, *Fear is Not An Option*, will take place on October 10, 2015 at the Prince of Wales Armouries Heritage Center in Edmonton. The event will benefit the Wings of Providence Shelter. Anstead has scheduled the launch event in October to coincide with the National Domestic Violence Awareness Month.

“It is time to come and get empowered,” said Anstead. “This will be a celebration of survival, strength and courage.”

The book launch party will feature motivational speakers, music by award-winning singer, songwriter, actress and Miss Teen Canada International 2012 Nakita Kohan, who will be joined by Stephen Lecky, of Canadian Idol Top 100 and Canada’s Got Talent. Lecky was named Co-Writer of the Year by the North American Country Music Association. There will also be a silent auction, a book signing and spiritual readings and healing by Sherdaye.

Entrance to the party is free but guests are asked to confirm attendance by email to [inspire@micheleanstead.com](mailto:inspire@micheleanstead.com). The Prince of Wales Armouries Heritage Center is located at 10440 108 Ave NW in Edmonton. Guests are encouraged to bring a non perishable item with you for the food bank to help those in need. Silent auction donations are also being sought at this time.

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 Coach Practitioner and New Home Sales Professional her mission has always been to empower people through inspiration, motivation and education.

For more information, visit <http://www.fearisnotanoptionbook.com/>

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**Book Facts:**

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Media Kit: <http://www.fearisnotanoptionbook.com/index.php/about/speakerevents/>

