

One Author Turns Pain into Pages with a New Book

Better After the Battle: Finding God's Strength to Overcome Turbulent Times Offers a Battle Plan for Dealing with Setbacks

Karen Brown Tyson, an award-winning author, has released her latest book, *Better After the Battle: Finding God's Strength to Overcome Turbulent Times*. The Christian non-fiction book is geared toward women weathering life's storms and seeking a faith-based approach to overcoming adversity.

Karen Brown Tyson, known for her authentic and dynamic writing style, shares her journey of grappling with a breast cancer diagnosis. Instead of succumbing to fear and disbelief, she drew strength from her faith and devised a battle plan. Her book is filled with raw emotion, faith-filled narratives, and relatable stories that connect readers with stories from the Bible.

"Life's challenges are unavoidable," Brown Tyson shares. "This book is a testament to the power of faith. It's about finding hope amid despair, strength in the face of adversity, and courage in the throes of fear."

Better After the Battle offers five strategies, which focus on:

- Suiting up for battle
- Preparing to pray
- Renew the mind
- Stand with other believers
- Walk in victory

She continues, "Know that God has a customized plan for you. The journey may be challenging, but God uses our tests and trials for our good. When we trust God to fight our battles, we will discover the incredible blessings that await us."

For more information about *Better After the Battle: Finding God's Strength to Overcome Turbulent Times*, please visit www.karenbrowntyson.com.

About the Author



Karen Brown Tyson is an acclaimed author who has written books like *"Time to Refresh: A 21-Day Devotional to Renew Your Mind After Being Laid Off, Fired or Sidelined"* and *"Time to Reset: A 21-Day Devotional to Renew Your Mind After Being Sidelined, Disappointed or Knocked Off Course."* Besides her writing, Karen manages her freelance public relations and corporate communications business, Constant Communicators. She resides in North Carolina with her husband, Kelvin, and their son, Cole.

To purchase a copy of the book

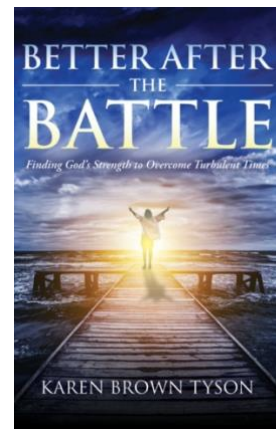
Better After the Battle: Finding God's Strength to Overcome Turbulent Times

Karen Brown Tyson

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Press Contact:

Karen Brown Tyson

karen@karenbrowntyson.com

(919) 438-0443