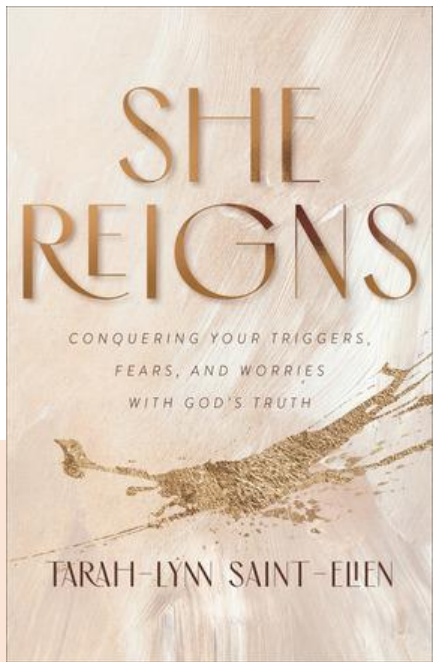




Cosmopolitan Editor, First Runner Up in Miss Supranational for Haiti, Teaches How to Conquer Triggers, Fears, and Worries with God's Truth



She Reigns:
Conquering Your Triggers, Fears, and
Worries with God's Truth
by Tarah-Lynn Saint-Elie
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Tarah-Lynn Saint-Elie, helps readers reign supreme over their inner world and claim their crown to live victoriously in her new book ***She Reigns: Conquering Your Triggers, Fears, and Worries With God's Truth***.

In a world where we feel trauma from a pandemic, hear about war regularly, have financial uncertainty, and scroll through the happy and perfect-looking lives of others how often do people feel assaulted by fear, worry, anxiety, or negative thoughts?

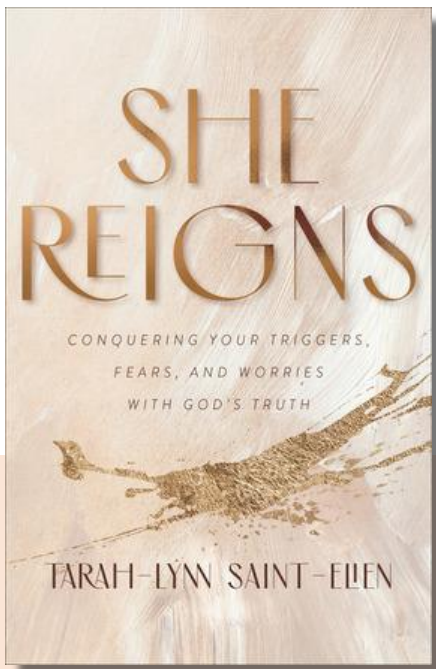
In her third book, author and *Cosmopolitan* fashion editor, Saint-Elie, helps readers gain control over these types of thoughts.

"You'll be guided through the truths and tools needed to take negative thoughts and debilitating emotions captive, so you are able to posture your heart for delight, overcome the orphan-and-poverty mindset, and accept our King's view as supreme over what you see," she writes. "Once you identify your triggers, fears, and worries, you'll be ready to combat them with God's thoughts toward you."

Unpacking personal heartbreaks, struggles, and never-before-shared confessions, Saint-Elie empowers readers to reign over their thoughts and feelings as God intended. She shares snippets of her vulnerable journal entries to assure readers that they are not alone, provides reflection questions to invite God into their head and heart, encourages them to speak God's promises in spite of what they see and feel, and equips them with the weapons they need to identify triggers and take negative thoughts and debilitating emotions captive.

The former Miss Black New Jersey encourages readers to fight for a renewed mind.

"With this book, I pray that you feel the love of God ricocheting off the pages, tearing down every lie the enemy feeds you," writes Saint-Elie. "I pray you don't feel alone in your thoughts as I declare to you that the Lord is near and tending to you right where you are. He loves you and His intent is always to see you live free."



Get Connected:

Website: www.tarahlynnadorned.com

Blog: [Adorned in Armor](#)

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About the Authors

Tarah-Lynn Saint-Elie is the fashion editor for Cosmopolitan magazine, host of the Dressed for Battle podcast, and founder of Adorned in Armor ministry. She recently was a finalist in the Miss Supernational Haiti beauty pageant and placed first runner up, Miss Elegance, and Miss Woman Empowerment. A love-driven and multi-hyphenated millennial, her desire is to demonstrate how to live purposefully and dream big in unconventional spaces with Christ at the forefront. Crowned Miss Black New Jersey in 2018, Tarah-Lynn is the author of *Claim Your Crown* and *Love Letters from the King*. You can catch the Haitian-American beauty queen sharing her style, life, and encouraging words via Instagram ([@iamtarahlynn](#)), YouTube (Adorned in Armor), and www.tarahlynnadorned.com.

Sample Interview Questions for Tarah-Lynn Saint-Elie

- 1-You discuss in the book that *"She Reigns"* was birthed through a heavy-hitting testing ground like no other. My emotions and my mind worked against me." Can you unpack that?
- 2-In this book you get very vulnerable as you share parts of your journal. Why did you decide to do that?
- 3- How did you learn over the past few years to combat your thoughts?
- 4-What should we do when those negative thoughts and fears enter our mind. Share a couple examples.
- 5-When did you discover that part of overcoming our thoughts starts with God healing some wounds in our relationship with him.
- 6-How does the beatification process work with God and how did he do it in you?
- 7-Explain the difference between what the world thinks of purity and what God says it is.
- 8- What should readers do when they get tripped up in the comparison game? Please share how God taught you what to do when this happens in your life.
- 9- Talk about how the Daniel Fast changed how cognizant you were of your need for God.
- 10-Why do we need moments where we tell God "I can't go a moment without you?"
- 11-What is "the shift?" Explain how you came up with it and how it helps you grow more crown-conscious every day?
- 12-Where can our audience learn more about you and how to purchase your book?