



Amanda Best

Amanda has negotiated many seasons in her life yet she still passionately shares principles that keep her strong and of good courage when storms appear to be looming. Amanda is an inspiring woman with an energetic approach to building momentum and understanding authority.

Her story highlights such experiences as boldly facing mental health issues as Amanda has experienced first hand the intensity & stigma of having an eating disorder, & depression, her transparency & wisdom gained from tackling lifestyle choices & being empowered to share with people the consequences that stare you down right or wrong. And the power of grace as she miraculously walked out of a plane crash in 2006.

We all have the power to be victorious; it takes courage, commitment and **divine intervention...**



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