

Ann

WHITE

Author, Speaker



Ann White is an internationally known author, speaker and passionate Bible teacher. She founded her global ministry, *Courage For Life*, out of a calling to share with others how God and His Word brought restoration to her life. In her book, *Courage For Life*, Ann shares with transparency a message of restoration, hope, healing and how to walk in God-given courage in the face of fear. She believes “courage is something we all need, yet our need for courage is generally as unique as we all are. Whatever area of life a person needs courage in, they can find it in their relationship with Christ.” There are seven practical steps that Ann took that ultimately helped her unpack her emotional baggage, heal the broken places of her soul, and fully embrace the life God created for her, and she wants to share those seven steps to help free others. Ann has published inspirational books, discipleship curriculum, Bible studies, two devotionals, two fully female-voiced audio Bibles (in English and Spanish), and two comprehensive Study Bibles that help readers take a deeper dive into God’s Word and encourage them to fully embrace their God-given courage for life. A wife, mother and grandmother, Ann resides in Chattanooga, TN.

CREDENTIALS

- **Founder and CEO of Courage For Life** (est. 2006), a global Christian ministry focused on biblical courage, healing and discipleship
- **Bible teacher and speaker for over 15 years**, beginning formal Bible teaching in 2006 and continuing through conferences, media and ministry platforms
- **Author of *Courage For Life* and creator of** Bible studies and devotional resources used by individuals, churches and ministries
- **Developer of the first all-female-voiced audio Bible** (created to help women engage Scripture, particularly those impacted by trauma)
- **International speaker and media communicator**, sharing her testimony of God’s restoration and freedom through Christ across the country for more than a decade
- **Ministry leader** with ongoing outreach impact including prison ministry and digital discipleship initiatives

EXPERTISE

- **Christian faith & Bible teaching:** Connecting Scripture to everyday life, emphasizing God’s truth, grace, and transformative power.
- **Personal transformation & emotional healing:** Healing from trauma, shame and insecurity; replacing fear with faith; growth through intentional spiritual disciplines; emotional health rooted in biblical truth.
- **Courage & resilience in Christian life:** Practical steps to finding courage through Scripture; encouragement in difficult seasons.
- **Marriage, relationships & family:** Ann often speaks about restoration in relationships — especially her own story of God’s work in her marriage — and biblical principles for healthy connections.
- **Women’s ministry & faith issues:** Women’s roles in faith and leadership; tailored discipleship for women; support for women in trauma recovery
- **Prison ministry & outreach:** Faith behind bars; hope and transformation in prison ministry; God’s courage in crisis and confinement.

MEDIA

Ann is a prolific speaker who consistently broadcasts content on the YouTube Channel “Courage For Life”. Below are two short clips: one where Ann shares her story and another introducing her Bible app for women.



Ann is also broadcast weekly on the broadcast platform of Dr. Charles Stanley’s ministry, [InTouch+](#).

AVAILABILITY

- Widely available Monday through Friday
- Available to travel or via phone, Zoom
- Eastern Time (Chattanooga, TN)

DOWNLOADABLES

- [Headshot](#)
- [3D book cover](#)
- [PDF of the manuscript](#)

ONLINE



TO BOOK AN INTERVIEW, CONTACT:

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ABOUT THE BOOK

- Published October 7, 2025
- Paperback, \$15.92
- 206 pages
- Tyndale Momentum
- ISBN: 979-8-4005-1161-5
- [Click for more](#)



Courage For Life is a transparent and hope-filled account of how God gave Ann White the courage to transform her life.

Through her personal story, Ann shares how she learned to make decisions rooted in genuine faith rather than allowing fear to dictate her future.

The book traces her journey of restoration and outlines the Seven Steps to Courage—practical, Scripture-based principles that lead readers toward lasting freedom. Written for those facing seasons of change or challenge, *Courage For Life* speaks to individuals who are grieving, navigating difficult relationships, stepping into new callings, or needing the courage to speak truth in love.

Accompanied by a study guide, the book helps readers apply these steps through guided reflection and in-depth study of God's Word, revealing how men and women throughout Scripture embraced the same courageous, faith-filled path. No matter the change God is calling readers to make, *Courage For Life* offers encouragement and practical tools to move forward in obedience and hope.

WHY IS IT RELEVANT?

- **Christians navigating culture & politics**
 - Social media, polarization, and cultural bombardment are fueling anxiety, fear of the future, and identity confusion.
 - Many Christians feel overwhelmed by cultural messages and a sense of spiritual decline.
 - Church leaders acknowledge that trust and credibility are major issues as communities struggle for relevance and authenticity.
- **Real-life anxiety & emotional health**
 - Mental health struggles, fear, and emotional fatigue are widespread—even within Christian communities.
 - Acknowledging and discussing mental health from a Biblical perspective has grown in churches, meaning more Christians seek credible resources on it.
- **Spiritual curiosity & Bible engagement growing**
 - Despite challenges, many people—especially young adults—are turning back to the Bible and looking for meaning.
 - In a world full of chaos, fear, and polarization, the Gospel offers solutions, hope, meaning, and clarity. Ann's focus on practical, heart-felt Bible engagement meets people where they are—seeking courage, truth, and peace.

READERS WILL:

- Identify areas of their lives where they need more courage
- Identify obstacles in their way and give them practical steps to overcome them
- Be encouraged to see themselves as God sees them, not as who the world says they are
- Replace worldly lies with Scriptural truth
- Accept the things they cannot change and change the things they can't.
- Embrace a life of grace and forgiveness & grasp God's incredible love for them

SUGGESTED QUESTIONS

- What motivated you to write *Courage For Life*, and why is its message especially timely today?
- How do fear and courage coexist in the believer's life, and how do we move forward when fear is still present?
- How did your own life experiences shape the Seven Steps to Courage you teach?
- What does real healing look like when it's rooted in Scripture rather than self-help?
- How can Scripture help believers break free from fear, shame, or insecurity?
- What does everyday courage look like in ordinary faithfulness—at home, at work, and in relationships?
- What encouragement would you give to someone who feels spiritually stuck or paralyzed right now?
- How does the Courage For Life ministry meet the emotional and spiritual needs Christians are facing today?
- How can Christians discern when God is calling them to take a bold step of faith versus remain faithful where they are?
- How does courage—or the lack of it—impact marriages, families, and close relationships?
- How can the church better support believers who long for courage but are afraid to be vulnerable?
- Have you seen stories of transformation from people who have walked through the Seven Steps to Courage, and what stands out to you most?
- Discussing and addressing mental health and trauma have risen in popularity as more research has come out and with social media. Recently more churches are trying to tackle it from a Biblical perspective. What advice do you have for Christians navigating their own mental health or helping other believers?

IDEAL AUDIENCE:

- Christian women (ages 30-65)
- Christians of both genders seeking Biblical encouragement through life transition: grief, relationships, callings, identity.
- Those impacted by trauma, fear, abuse, brokenness
- Those looking for faith-based transformation and not self-help solutions



The pressure of reality was closing in from all sides. It was as if the air was being sucked out of the room.

As I sat there on the edge of my hotel bed, I felt like I was drowning in a sea of confusion, and the only part of my body left above the surface was the tip of my nose. Without supernatural intervention, I was going under. “God, I have done everything I know to do to fix myself, my family, and my marriage,” I remember saying. “And now I have no clue how to even take the next step.”

“Bring your struggles into the light where I can help you heal them,” I sensed God saying. So with shaking hands, I scribbled my current reality onto a sheet of hotel letterhead. It took me a few drafts before I got it right. When I finished, I called to confirm the intended recipients were in their room before I opened my door and headed out. The hotel hallway felt like a dark tunnel closing in around me, and my footsteps whispered on the carpet as I forced myself to keep walking and not turn around. Fear coursed through me. I had no idea what would happen next, but there was one thing I knew for certain: I could no longer stay where I was.

How could this be happening to me? How would my truth be received? Increasing doubts about lifting my veil of secrecy raced through my mind with each step. For as long as I could remember, I had been afraid to let anyone see the real me. The familiar pretense was like a dysfunctional security blanket I clung to for dear life. The night I mustered up the nerve to expose the truth, I finally said goodbye to that false sense of security—to the fearful isolation that had become my haven.

While your life story may look very different from mine, one thing is for certain: Few of us escape this life without bumps, bruises, wounds, and scars. We all experience some level of pain, heartbreak, and disappointment. Yet when we ignore our need to address our emotional injuries, we allow them to fester and infect every aspect of our lives. Jesus reminds us in Scripture, “I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world” (John 16:33). As strange as it seems, I didn’t realize I lacked courage until I found it halfway around the world in a hotel room in Israel. On that night, I knew I had to take a risk. Suddenly, I was like a hostage who finds herself with a window of opportunity—a sliver of time to reach out and tell someone, “I need help.”

As I walked and prayed, God gave me exactly what I needed in that moment: supernatural courage. I was terrified, but I was resolute. It was now or never. When my pastor’s wife answered my knock, I all but shoved my note into her hands. “I’m desperate and have to tell someone the truth. My marriage is on life support.” The words quickly tumbled out as she stood in the doorway. Janet isn’t only my pastor’s wife; she is a dear friend, the person who had planned a surprise birthday party for me just days before my adult son and I left for Israel. My husband and I had been friends with Johnny and Janet for over fifteen years, and they were about to learn that the put-together life I portrayed was not what I actually lived.

“Come inside, Ann.” She opened the door wider as I backed up. “I can’t . . . not now,” I whispered, just as the elevator door opened a few feet from where we were standing and Pastor Johnny walked out. I wasn’t ready for a conversation with either of them. I was barely ready for what had just happened. But it had happened. And although I was shaking, I was still standing. As I looked between Johnny and Janet, I thought, Now what? So I told them I had to go, and quickly rushed back down the hall to my room.

Life here on earth is a journey filled with countless ups and downs. And although our experiences can be adventurous, exciting, and full of blessings, they can also be overshadowed by varying degrees of fears, challenges, and heartbreaks. The day I pushed past my fears long enough to invite someone else into my struggles was the day I began my journey toward true freedom—not freedom from any person, place, or thing, but from the bondage of my own fear-based choices, from the dark place of isolation where I felt somewhat safe but was—in reality—so alone. This is where writing became the vehicle God used to give me courage and transport me to a place of amazing grace. And it all started on a sheet of hotel letterhead. I didn’t know how anyone would ultimately respond to my vulnerability, including my husband (who had remained stateside). But the truth that everything wasn’t perfect in my life was at last coming out, and God was at work in miraculous ways. I took His Word to heart: “So now there is no condemnation for those who belong to Christ Jesus” (Romans 8:1).

Confessing the truth to my pastor and his wife started a chain reaction that led me toward honesty, openness, help, and healing. That night I took two important steps toward courage. First, I made a commitment to change. Second, I overcame the obstacles of secrecy and isolation. The Bible says, “Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results” (James 5:16). It was then that I understood a powerful truth: Actions and behaviors based on unhealthy, fear-based choices will never lead to a healthy relationship, whether it’s with a spouse, family member, friend, employer, or even the person sitting next to us at church. I desperately wanted a healthy relationship with my husband and family, but that was never going to happen if I, for my part, wasn’t open and honest.

ENDORSEMENTS



*“Perhaps the greatest barrier to greatness, transformation, and simply getting better, is fear. In *Courage For Life*, Ann White provides a path and a process out of paralyzing fear and into the courage to do the next right thing and take the next best step to a better life—the life God has made for you and called you to. The results in her own life, and the lives of those who have followed her path, are the greatest endorsement of this book. If you have been searching for a way out of wherever you are or whatever you are going through, *Courage For Life* is the book I’d recommend.”*

Steve Arterburn

Founder of New Life Ministries and host of the number one nationally syndicated Christian counseling program, New Life Live!, heard and watched by over two million people each week

“Ann White’s story is an inspiration to those who choose to do the hard things in marriage and life, rather than take the easy way out. This demonstration of one woman’s courageous determination to trust God’s truth, bathed in His grace, prove trust and obedience can overcome the deceiver who delights in crushing Christians.”

The honorable Sonny Perdue and Mrs. Mary Perdue

Former governor of Georgia, former Secretary of the US Department of Agriculture, and chancellor of the University System of Georgia

“I love this book! Thank you for sharing your life, your story, and the truth behind overcoming the obstacles of fear. Your “YES” is a doorway for many to walk through and experience the ability to move forward and trust in the Lord. Everyone who reads this book will be encouraged to stand up and take COURAGE in the Lord.”

Shari Rigby

Actress, director, writer, producer, author and inspirational speaker

*“I’ve spent my career learning the principles of influence, and during that time, I’ve discovered that “change” is one of the most difficult and challenging actions anyone can take. That’s why Ann White’s book *Courage For Life* is so important. There are millions of people living in fear, unable to gather the courage to change their lives. Whether you’re experiencing that fear, struggling with change, or simply stuck in your life or career, this is a must-read. Get this book, and buy a copy for a friend. The world needs to hear Ann’s story and embrace the power of courage.”*

Phil Cooke, PhD

Filmmaker, media consultant and author of ‘One Big Thing: Discovering What You Were Born to Do’

*“It takes miraculous courage to conquer paralyzing fear and failure. Ann’s personal journey from hopelessness to abundance and joy in her book *Courage For Life* gives readers step-by-step instructions and true inspiration for anyone who is seeking a way out. Don’t miss this one!”*

Kathleen Cooke

Cofounder of Cooke Media Group and the nonprofit The Influence Lab; Author of ‘Hope 4 Today: Stay Connected to God in a Distracted Culture’

“Ann White truly exemplifies Christ in the way she cares for others. She didn’t keep her struggles private but rather allowed them to be exposed so that others who battled like difficulties could find help. She is brave for she mustered the tenacity to not only tackle her trials but also succeed through the power of the Holy Spirit and then record the process for the benefit of all. Ann is my hero, my inspiration and the perfect living example of what it means to have courage for life.”

Suzanne Niles

Director of Relationship Development, BroadStreet Publishing