



[www.anchoredbythesword.org](http://www.anchoredbythesword.org)

*Gina Fox*

MINISTRY LEADER, PODCAST  
HOST, AUTHOR, SPEAKER

MEDIA KIT

# Hi. I'm Gina!

## AUTHOR OF ANCHORED IN FREEDOM

Thank you so much for your interest in having me be a part of your event, podcast, TV show, or however we've connected. I'm truly honored to share what God has done in my life. I never could have imagined the path He would lead me on—a path that turned pain into purpose, and what the enemy intended to destroy has now become a message of hope and freedom for others.

My podcast, ministry, and book are born out of my personal journey, fueled by a deep desire to see both women and men set free and walking in the fullness of the life God has called them to. I believe that each of us has a unique story, and it's in sharing those stories that we find healing, connection, and the power to encourage others to step into their calling with confidence and courage.



1.2K

@anchoredbytheswordpodcast



4.67 K

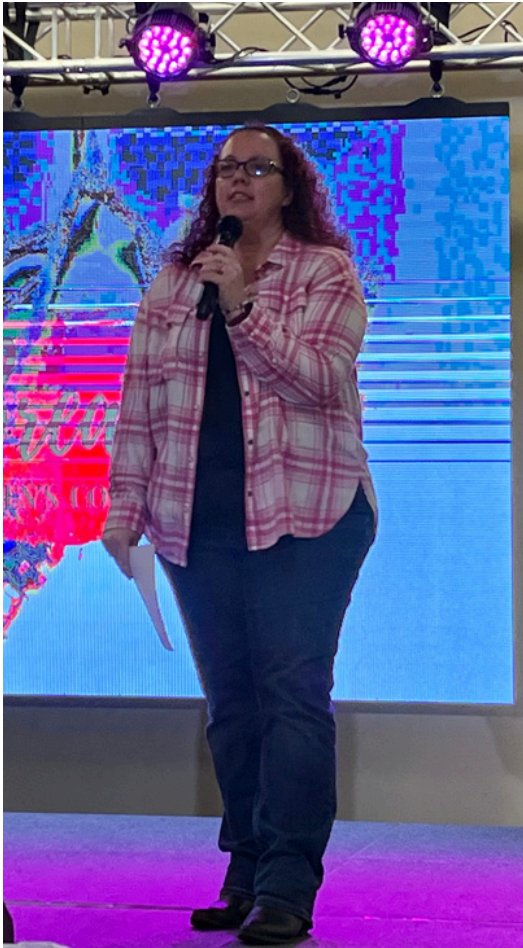
FB Followers



137

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## SPEAKING TOPICS

- ✓ Mental Health and Trauma and How God Can Use Both to Heal Yourself and Others
- ✓ Why Relational Healing is Worth It
- ✓ True Freedom Leads to True Calling
- ✓ How God Can Use My Infertility Journey to Help Others
- ✓ How to Break Soul Ties to Gain Freedom
- ✓ Why Freedom is Worth the Fight
- ✓ Why Shame and Guilt are Not Worth Holding Onto

## Testimonials

“

If you've ever felt alone in the battle for a healthy mind (and who hasn't?!), these faith-filled stories are for you. The world needs this book, and the world needs Gina. I'm very grateful for both.”

~Kim Gentry Meyer, Singer-Songwriter, Album - *Herald*

“

Gina Fox invites you to ride the swells of each freedom story looking for hidden gems that will inspire hope as you reflect on thought-provoking questions. Gina's vulnerability and easy style makes this book a win-win for anyone who needs to strengthen their hope.”

~Stefanie Libertore, Author of *Unbound: Heal, Reclaim, Unleash*

# The Podcast

#anchoredbytheswordpodcast



Have you wondered if what you are going through right now actually matters? Or if there is something positive on the other side of your struggle? Welcome to the Anchored by the Sword podcast! Each person who has come onto this podcast has said the same thing, but has found freedom on the other side. If you have struggled with addiction or abuse of any kind, not feeling loved or wanted, not knowing if you should live another day, or lived in fear, there is an episode for you. Listen today and find out what happens when you get anchored to God and to His Word! Come and find freedom today!



## MOST DOWNLOADED EPISODES

**Ep. 221 Sophie Hudson's Freedom Story!**

**Ep. 167 Kathy Degraw's Freedom Story!**

**Ep. 166 Sarah E. Frazier's Freedom Story!**

**Ep. 128 Mike Noriega's Freedom Story!**

## STATISTICS

**10,200+**

total podcast downloads

**56**

Countries

**4k+**

Spotify Impressions

**94**

Spotify Followers

## MY AUDIENCE

**83%**

women

**66%**

28-59 yrs old

**89%**

USA

# The Book

## ANCHORED IN FREEDOM

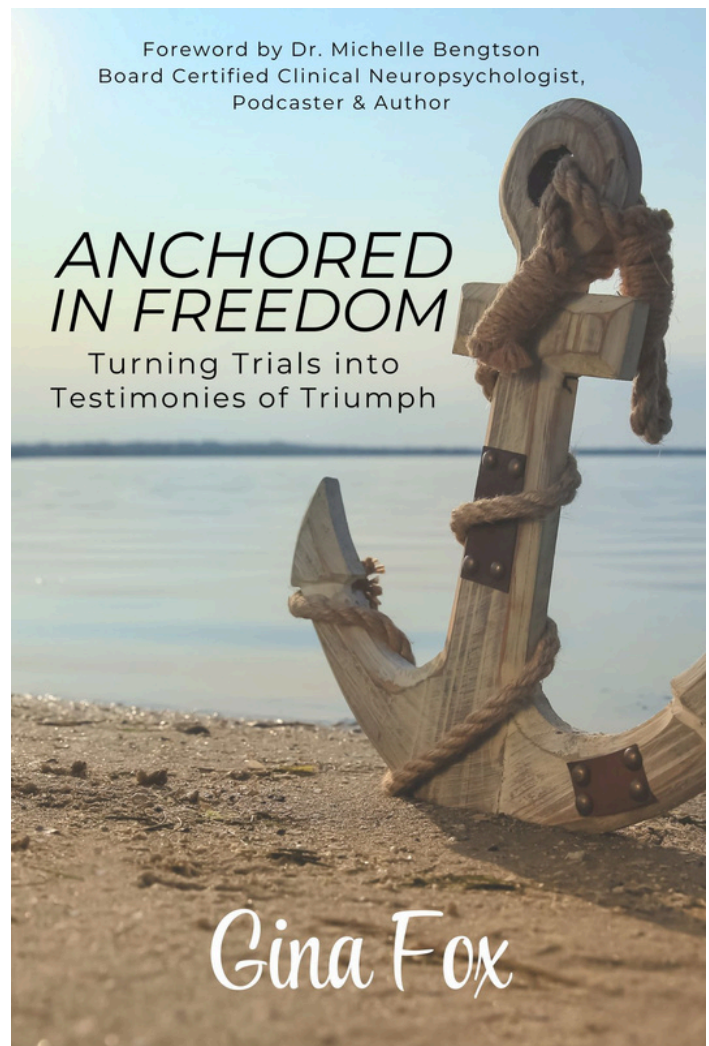
In a world that often feels overwhelming, where mental health struggles, grief, and loss can cloud the path ahead, *Anchored in Freedom* offers a lifeline. Through heartfelt stories of survival and healing, this book invites you to walk alongside those who have faced life's deepest valleys and emerged with newfound hope. Each chapter weaves together personal experiences with the unwavering truth of God's promises, showing that no matter how dark the night, there is always a dawn. Discover the freedom that comes from trusting in God's plan, the hope that anchors your soul, and the healing that begins when you surrender your fears to the One who holds your future.

### GENERAL TOPICS COVERED

**Mental Health**  
**Grief & Loss**  
**Survival**  
**Healing**

### EXAMPLES OF SPECIFIC TOPICS COVERED

**Suicidal Ideations**  
**Infertility**  
**Family Loss**  
**Relational Healing**



### BOOK INFORMATION

Christian Non-Fiction/Devotionals

Amazon #1 Top New Release  
in Psychology and Christianity

Paperback and Ebook

Release Date:  
October 21, 2024





## SAMPLE QUESTIONS

- 1) What made you decide this was the time to write and release this book?
- 2) How did you decide on the four main topics and on who was going to contribute?
- 3) What do you want people to gain from reading this book?
- 4) What led you to your place of freedom?
- 5) How did the issues you had with your mom affect you before and after she passed away?
- 6) What did your mom's battle with Bipolar do to your own mental health?
- 7) How do you reconcile mental illness and your relationship with God?
- 8) What was your journey with infertility?



## GET IN TOUCH

Gina Fox is a wife, fur mama, aunt to many, Ministry Leader, Writer, Speaker and Podcaster. She is the founder of Anchored by the Sword Ministry and Podcast, which came out of her own journey towards freedom. She loves connecting with people through storytelling and helping them to discover freedom in their own lives. She lives in Ohio with her husband, Matthew and her four furbabies, Bandit, Rascal, Hazel and Royce.



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