

Suicide Prevention Book: Self Help

The Voice of a Phoenix

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Featured Author Zylkia Ivy Swensen



Featured Interview With Zylkia Ivy Swensen

**Tell us a little about yourself.
Where were you raised? Where
do you live now?**

ABOUT THE AUTHOR

Zylkia Swensen graduated
from the American Military
University



Kentucky, Erlanger, Sep 15, 2021 ([IssueWire.com](https://www.IssueWire.com)) - Zylkia Swensen's new book, "The Voice of a Phoenix" is a personal account that motivates readers to keep moving forward and never give up on oneself

Summary of the release "The Voice of a Phoenix" from Covenant Books author Zylkia Swensen is a ruminating anthology that discusses the hardships and humiliations experienced by the author, as well as her resiliency to bounce back after every downfall.

Full release text:

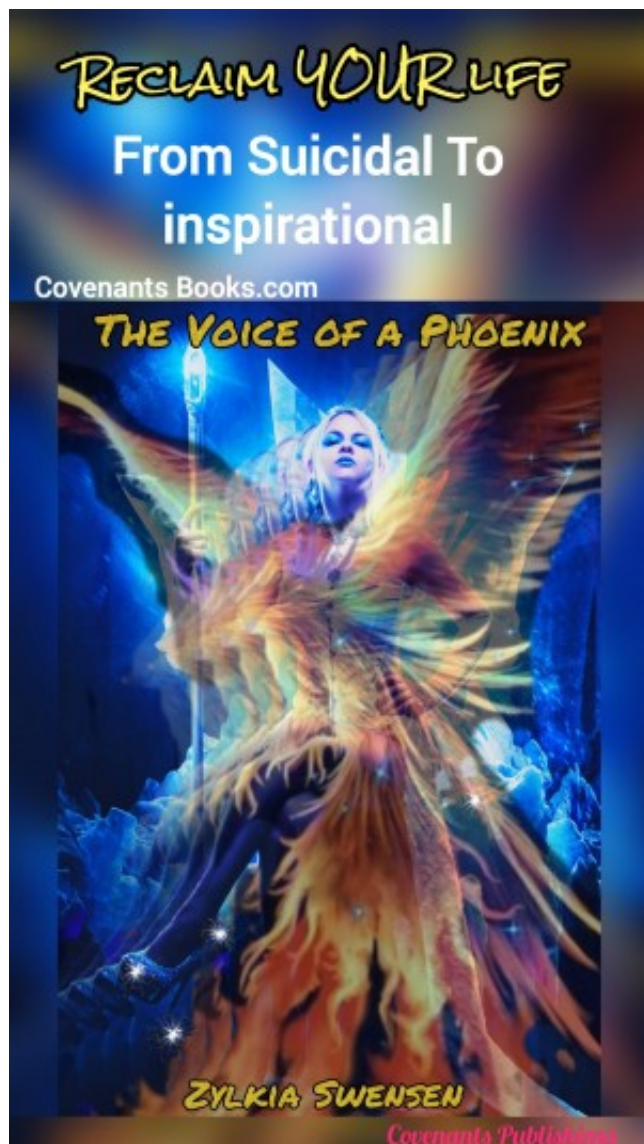
Zylkia Swensen, who holds a degree in Human Development and Family Studies from American Military University, a reputable supply specialist during her short service in the US Army, a bilingual, an innately born artist; has completed her new book, "The Voice of a Phoenix": a profound reminiscence that tenderly tackles depression, bullying, and suicide. The author generously shared all the stumbling blocks she has dealt with throughout her life's journey. As she looks back, she's found herself endearing for not succumbing to drastic measures that will cost her of herself. In this honest narrative, she reflects on the things she experienced and the lessons accompanied by those circumstances.

Swensen writes, "The Voice of a Phoenix is a very personal book. It took me a long time to finish it because I still feel the pain of my 'darker times.' Writing The Voice of a Phoenix helped me immensely because I was able to understand my pain. With every chapter I wrote, I learned things, discovered so much about myself, and applied anything that could be beneficial to my own life. Pain is part of life; you can't learn without it, step-by-step, but never stop. Life is worth living and worth fighting for no matter how many times you must start over. A phoenix never dies.

"Suicide is never an option."

Published by Covenant Books of Murrells Inlet, South Carolina, Zylkia Swensen's new book is an emotionally resonant piece that encourages the readers to see that no matter how dark the forecast is, each cloud has a silver lining. Pain is a vital part of life and one cannot enjoy the sunlight if they haven't experienced a storm. The author hopes that her readers will not quit on themselves because life is an adventure, and it is worth the experience.

Readers can purchase "The Voice of a Phoenix" at bookstores everywhere, or online at the Apple iTunes store, Amazon, or Barnes and Noble. Covenant Books is an international Christian owned and operated publishing house based in Murrells Inlet, South Carolina. Covenant Books specializes in all genres of work that appeal to the Christian market. For additional information or media inquiries, contact Covenant Books at 843-507-8373.



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