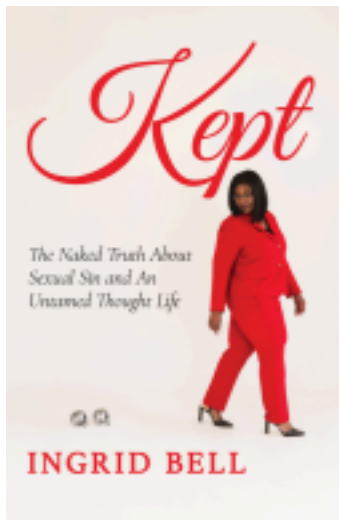




The Office of Ingrid Y. Bell | Author, Educator, Minister
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FOR IMMEDIATE RELEASE

CHATTANOOGA AUTHOR LAUNCHES A NEW BOOK ON SELF-SABOTAGE AND 'WINNING THE WAR WITHIN' USING GOD'S WEAPONRY; TO HOST BOOK LAUNCH EVENT ON MAY 29th



CHATTANOOGA, Tenn. (May 8, 2026) – Ordained Elder, Minister, and Author Ingrid Bell has been preaching God's word since the age of 17. The Florida native is passionate about education and aims to empower and inspire others to develop a wholesome, more intimate relationship with God.

After 33 years of leading people to Christ, Bell published a book that furthers her mission through personal testimony and Biblical wisdom. *Kept: The Naked Truth About Sexual Sin and An Untamed Thought Life*, launched in

Spring 2026 and was written to help readers overcome mental struggles, self-sabotage, and sexual immorality.

According to Bell, “*Kept* means everything because it represents the fulfillment of a 30-year-old promise from God, a healing journey, and triumphant victory.”

From Amazon.com

“...*Kept*, teaches that there is a war within the soul resulting from past trauma where individuals fight against self-sabotaging thoughts that ultimately lead to self-sabotaging behaviors. She provides strategies to win the war within using God's weaponry: His might, His Word, Prayer, and Praise. Bell shares personal stories and practical biblical wisdom to

help readers overcome mental struggles and become liberated from the practices of sexual immorality.”

Featured Review

“Kept” is a guided tour that will inform, inspire, and equip you with the weapons found in the Word of GOD, that when activated releases one from the bondage and captivity of sexual immortality. It is not only thought provoking but a great massage of hope.” - Lewis R on [Amazon.com](https://www.amazon.com)

Kept is now available for purchase in paperback. Learn more and order on [Amazon.com](https://www.amazon.com). ISBN: 979-8252718446. [Order link here: <https://www.amazon.com//dp/B0GT4S7PDF>]

AUTHOR INGRID BELL TO HOST BOOK LAUNCH EVENT MAY 29, 6 P.M., AT AVONDALE COMMUNITY CENTER

To celebrate the launch of her book *Kept*, Bell is hosting a book launch event May 29, 2026, from 6 p.m.-8 p.m., at Avondale Community Center (1305 Dodson Ave, Chattanooga, TN). This event is free and open to the community. Signed copies of the book will be available for purchase.

Guests may RSVP online at [IngridYBell.com](https://www.ingridybell.com) using the registration form on the website.

[ENCLOSED: BRAND PHOTOS OF INGRID BELL, OFFICIAL BOOK COVER GRAPHIC]

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