



# [MOBI] Breaking Free From Body Shame: Dare To Reclaim What God Has Named Good

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**Breaking Free from Body Shame**-Jess Connolly 2021-06-22 You were made for more than a love/hate relationship with your body. It's one thing to know in your head that you were created in the image of God. Yet it's quite another to experience this belief in your body, against the cultural ideals of a woman's worth. And between the two lies a world of frustration, disappointment, and the shame of somehow feeling both too much and never enough in your body. Jess Connolly is a bestselling author, sought-after speaker, and trusted Bible teacher who knows this inner conflict all too well, and this book details her journey--and yours--of setting out to discover how to break free from the broken beliefs we all hold about our bodies that hold us back from our fullest life. The truest thing about you is that you are made and loved by God. And the truest thing about Him is that He cannot make bad things. This book will help you believe it with your whole self, as Jess guides you through an eye-opening, empowering process of: Renaming what the world has labeled as less-than Resting in God's workmanship Experiencing restoration where there has been injury And becoming a change agent in partnering with God to bring revival to a generation of women Far from a superficial issue, self-image is a spiritual issue, because God has named your body good from the beginning. Whether your struggle is with eating and exercise habits, stress or trauma, infertility or injury, this book makes space for you to experience God meeting you in this tender place, and ring His freedom bell over your body in a whole new way.

**You Are the Girl for the Job**-Jess Connolly 2019-09-24 You believe (or want to believe) God has called you and given you purpose, but where do you start? How do you get from feeling stuck to making a move? If this sounds familiar, bestselling author Jess Connolly has a message for you: You Are the Girl for the Job. But this is not simply a peppy catchphrase. This is the straight-up truth God has proclaimed over your life from the beginning, and it's not dependent on what you can do or achieve but based on His power, capacity, and character. It has taken one million, maybe one zillion (who knows?!), slight moves of His hand to place you in this exact moment. So forget about fear and second-guessing your gifts, because God has meticulously prepared you to be an ambassador for the Kingdom right where you are, here and now. Life is too short to get stuck in a holding pattern of shame, self-doubt, and comparison. So let this book be your very good news: you don't have to wait for permission when you've already been commissioned. With passion and heart-pumping hope, Jess shows that being the girl for the job doesn't depend on your capacity. Rather, it has everything to do with God's capacity and our willingness. It has everything to do with believing we are who God says we are, and quieting any inferior word spoken against us. Are you ready? Let this book be your jumpstart into confident, purposed living, as Jess walks you through the six steps she has used to coach and encourage women for years: set your focus, take stock of the story that has shaped you, face your fear, catch the vision, make a plan, and finally, make your move--all in the bold belief that God has called you to every step of the journey.

**The Invisible Corset**-Lauren Geertsen 2021-01-19 Learn to love your body—for real this time Women in touch with the wisdom of their bodies are the single greatest threat to societal systems of domination, oppression, and control. We are also the greatest possibility to bring healing, peace, and restoration to our world. —Lauren Geertsen No matter how much we try to tell ourselves to love our bodies and accept our flaws, most women can't quite get there. Even though we know the beauty standard is unrealistic, we secretly feel like it would be so much easier if our stomach were just a little flatter, or our skin a little smoother, or a million other little things. As a result, we sacrifice our health, heritage, sanity, and lives on the altar of beauty culture. Why is it so hard to feel confident about our bodies, or even just accept them? Because willpower alone isn't enough to undo generations of brainwashing intended to repress women's confidence and power. In The

Invisible Corset, Geertsen carefully illustrates the psychological gaslighting that leads women to internalize the belief that their appearance makes them not only unworthy of love, but incapable of fulfilling their actual destiny. By highlighting each restricting string of the invisible corset all women wear, Geertsen helps us reclaim our bodies for ourselves, discovering newfound confidence, power, joy, and pleasure as we do. You'll explore: How the invisible corset cuts you off from your body's wisdom and nature's intelligence—the true sources of your intuition, pleasure, and power How beauty culture is the most recent form of patriarchal oppression — and why women are both responsible and able to free ourselves Why the body positivity movement often makes self-criticism even worse The racist history of beauty culture, and how it still perpetuates racism today Journaling prompts, rituals, meditations, and other exercises to help unravel the toxic beliefs that keep the invisible corset in place A variety of practices to help you reconnect with your body—to tune into your intuition, set healthy boundaries, align with your True Self, and more For any woman who is ready to go from struggle, discomfort, control, and shame to pleasure, confidence, freedom, and soul-fulfilling purpose, The Invisible Corset is an essential guide.

**Pure**-Linda Kay Klein 2019-07-02 In Pure, Linda Kay Klein uses a potent combination of journalism, cultural commentary, and memoir to take us “inside religious purity culture as only one who grew up in it can” (Gloria Steinem) and reveals the devastating effects evangelical Christianity's views on female sexuality has had on a generation of young women. In the 1990s, a “purity industry” emerged out of the white evangelical Christian culture. Purity rings, purity pledges, and purity balls came with a dangerous message: girls are potential sexual “stumbling blocks” for boys and men, and any expression of a girl's sexuality could reflect the corruption of her character. This message traumatized many girls—resulting in anxiety, fear, and experiences that mimicked the symptoms of Post-Traumatic Stress Disorder—and trapped them in a cycle of shame. This is the sex education Linda Kay Klein grew up with. Fearing being marked a Jezebel, Klein broke up with her high school boyfriend because she thought God told her to and took pregnancy tests despite being a virgin, terrified that any sexual activity would be punished with an out-of-wedlock pregnancy. When the youth pastor of her church was convicted of sexual enticement of a twelve-year-old girl, Klein began to question purity-based sexual ethics. She contacted young women she knew, asking if they were coping with the same shame-induced issues she was. These intimate conversations developed into a twelve-year quest that took her across the country and into the lives of women raised in similar religious communities—a journey that facilitated her own healing and led her to churches that are seeking a new way to reconcile sexuality and spirituality. Pure is “a revelation... Part memoir and part journalism, Pure is a horrendous, granular, relentless, emotionally true account” (The Cut) of society's larger subjugation of women and the role the purity industry played in maintaining it. Offering a prevailing message of resounding hope and encouragement, “Pure emboldens us to escape toxic misogyny and experience a fresh breath of freedom” (Glennon Doyle, #1 New York Times bestselling author of Love Warrior and founder of Together Rising).

**Breaking Free of the Shame Trap**-Christine B. Evans 1997

**Breaking the Cycle**-George Collins 2011-10-01 Anyone who has struggled with sex addiction knows that living with constant sexual compulsions can be extremely difficult. But summoning the courage to find help for this condition can be even more of a challenge. If addictions to pornography, strip clubs, massage parlors, prostitutes, phone sex, or chat rooms have made you feel trapped, this book can help you find a way to break free. Written by a former sex addict who specializes in counseling people who suffer from sexually compulsive behavior, Breaking the Cycle presents a step-by-step plan to enjoying a life of productivity and purpose. You can free yourself from the powerful, compulsive urges that may have damaged your

career, finances, or relationships with friends and family. The exercises in this book will show you how to regain control of your life and build meaningful intimate connections with others.

**Enemies of the Heart**-Andy Stanley 2011-06-21 CBA BESTSELLER • Break free from the destructive power of guilt, anger, greed, and jealousy. Includes a six-week discussion guide. "Andy Stanley touches the right nerve at the right time."—Shaunti Feldhahn, bestselling author of *For Women Only* and *For Men Only* Divorce. Job loss. Estrangement from family members. Broken friendships. The difficult circumstances you are dealing with today are likely being fed by one of four emotional forces that compels you to act in undesirable ways, sometimes even against your will. Andy Stanley explores each of these destructive forces—guilt, anger, greed, and jealousy—and how they infiltrate your life and damage your relationships. He says that, left unchallenged they have the power to destroy your home, your career, and your friendships. In *Enemies of the Heart*, Andy offers practical, biblical direction to help you fight back, to take charge of those feelings that mysteriously control you, and to restore your broken relationships. Previously released as *It Came from Within*

**Healing the Shame that Binds You**-John Bradshaw 2005-10-15 Shame is the motivator behind many toxic behaviors like compulsion, codependency, addiction, and drive to superachieve. This title identifies personal shame, explains the underlying reasons, and addresses root causes.

**Wild and Free**-Jess Connolly 2016-05-03 You don't have to be everything to everyone. You don't have to try so hard to button it up and hold it together. Join Jess and Hayley as they reveal how women today can walk in the true liberty we already have in Jesus. For all the fullness of God available to His daughters, we often feel limited by two defining insecurities: "I am too much," and "I am not enough." Co-authors and best friends Jess Connolly and Hayley Morgan have felt the same, until one essential question turned the tables on it all: If God is wild and free and he created women, what does this mean for us today? *Wild and Free* is an anthem and an invitation in equal parts to find freedom from the cultural captivity that holds us back, and freedom to step into the wild and holy call of God in our lives. With fresh biblical insight tracing all the way back to Eve and a treasury of practical application, Jess and Hayley reveal how women today can walk in the true liberty we already have in Jesus. Because you don't have to be everything to everyone. You don't have to try so hard to button it up and hold it together. And you certainly don't have to quiet the voice that God gave you when he created you to sing. *Wild and Free* will help you shake off the lies of insecurity in your life, and step forward to maximize your God-given influence for his glory and the world's good.

**A Diary of Private Prayer**-John Baillie 2014-10-07 Editor Susanna Wright offers this updated edition of a Christian devotional classic—invoking the daily prayers and timeless imagery of the original text through modern, accessible language. In this wonderful collection, famed theologian Dr. John Baillie shares personal prayers for people who are seeking a better understanding of God and themselves. Organized by morning and evening—with special prayers for Sundays—*A Diary of Private Prayer* is written with eloquence, piety, and directness. Blending praise and meditative thoughts about God with a concern for the social and individual good, these daily invocations help and inspire us to search our inner selves and find the deep religious beliefs that lie within. First published in 1936, *A Diary of Private Prayer* remains a seminal Christian devotional with more than a million copies in print. This modern edition—completely redesigned into a gift package—admirably preserves all the qualities of the original, ensuring that the wisdom of God and the wonder of Baillie's prayers remain accessible for many generations to come.

**Simply Julia**-Julia Turshen 2021-03-02 Beloved New York Times bestselling cookbook author Julia Turshen returns with her first collection of recipes featuring a healthier take on the simple, satisfying comfort food for which she's known. Julia Turshen has always been cooking. As a kid, she skipped the Easy-Bake Oven and went straight to the real thing. Throughout her life, cooking has remained a constant, and as fans of her popular books know, Julia's approach to food is about so much more than putting dinner on the table—it is about love, community, connection, and nourishment of the body and soul. In *Simply Julia*, readers will find 110 foolproof recipes for more nutritious takes on the simple, comforting meals Julia cooks most often. With practical chapters such as weeknight go-tos, make-ahead mains, vegan one-pot meals, chicken recipes, easy baked goods, and more, *Simply Julia* provides endlessly satisfying options comprised of accessible and affordable ingredients. Think dishes like Stewed Chicken with Sour Cream + Chive Dumplings, Hasselback Carrots with Smoked Paprika, and Lemon Ricotta

Cupcakes—the kind of flavorful yet unfussy food everyone wants to make at home. In addition to her tried-and-true recipes, readers will find Julia's signature elements—her "Seven Lists" (Seven Things I Learned From Being a Private Chef that Make Home Cooking Easier; Seven Ways to Use Leftover Buttermilk; Seven Ways to Use Leftover Egg Whites or Egg Yolks), menu suggestions, and helpful adaptations for dietary needs, along with personal essays and photos and gorgeous food photography. Like Melissa Clark's *Dinner* or Ina Garten's *Modern Comfort Food*, *Simply Julia* is sure to become an instant classic, the kind of cookbook that will inspire home cooks to create great meals for years to come.

**The Lazy Genius Way**-Kendra Adachi 2020 Be productive without sacrificing peace of mind using Lazy Genius principles that help you focus on what really matters and let go of what doesn't. If you need a comprehensive strategy for a meaningful life but are tired of reading stacks of self-help books, here is an easy way that actually works. No more cobbling together life hacks and productivity strategies from dozens of authors and still feeling tired. The struggle is real, but it doesn't have to be in charge. With wisdom and wit, the host of *The Lazy Genius Podcast*, Kendra Adachi, shows you that it's not about doing more or doing less; it's about doing what matters to you. In this book, she offers fourteen principles that are both practical and purposeful, like a Swiss army knife for how to be a person. Use them in combination to "lazy genius" anything, from laundry and meal plans to making friends and napping without guilt. It's possible to be soulful and efficient at the same time, and this book is the blueprint. *The Lazy Genius Way* isn't a new list of things to do; it's a new way to see. Skip the rules about getting up at 5 a.m. and drinking more water. Let's just figure out how to be a good person who can get stuff done without turning into *The Hulk*. These Lazy Genius principles—such as *Decide Once*, *Start Small*, *Ask the Magic Question*, and more—offer a better way to approach your time, relationships, and piles of mail, no matter your personality or life stage. Be who you already are, just with a better set of tools.

**Dance, Stand, Run**-Jess Connolly 2017-10-24 Grace is always good news. But it's not cheap—true grace compels us to change. That's where holiness comes in. Beloved writer, speaker, and bestselling coauthor of *Wild and Free* Jess Connolly will be the first to admit that not long ago, like many women, she grasped grace but she had forgotten holiness. *Dance, Stand, Run* charts her discovery that holiness was never meant to be a shaming reminder of what we "should" be doing, but rather a profound privilege of becoming more like Christ. That's when we start to change the world, rather than being changed by it. *Dance, Stand, Run* is an invitation to the daughters of God to step into the movements of abundant life: dancing in grace, standing firm in holiness, and running on mission. Through story and study, Jess casts a fresh vision for how to live into your identity as a holy daughter of God, how to break free of cheap grace and empty rule-keeping, and finally, how to live out your holy influence with confidence before a watching world. Spoiler alert: it's a beautiful thing. For anyone longing to take their place in what God is doing in the world, *Dance, Stand, Run* will rally your strength, refresh your purpose, and energize your faith in a God who calls us to be like Him.

**Intuitive Eating, 2nd Edition**-Evelyn Tribole, M.S., R.D. 2007-04-01 We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, *Intuitive Eating* focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: \*How to reject diet mentality forever \*How our three Eating Personalities define our eating difficulties \*How to feel your feelings without using food \*How to honor hunger and feel fullness \*How to follow the ten principles of Intuitive Eating, step-by-step \*How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

**Always Enough, Never Too Much**-Jess Connolly 2018-04-24 Discover God's wild freedom as you find your identity in Jesus with 100 devotions that will help you target and banish lies and insecurities. Jess Connolly and Hayley Morgan, bestselling authors of *Wild and Free*, walk you through the gift of truly knowing who you are in Christ in *Always Enough, Never Too Much: 100 Devotions to Quit Comparing, Stop Hiding, and Start Living Wild and Free*. We've all been there. We know that sneaking, small voice in our heads all too well—you're too loud. Too quiet. Too young. Too old. Too unimportant. Too ugly. Too silly. Too serious. You're not as successful as she

is—look at her perfect family, look at her high-powered job, look at her great hair and size 4 skinny jeans. Why can't you be more like her—be more in general? Why do you expect so much from everyone? Why can't you take up less space? Ask for less? Be less? The lies track well-worn paths in our minds and our hearts, wearing us down and making us question our role in God's kingdom. Jess Connolly and Hayley Morgan, founders of the Influence Network and bestselling authors of *Wild and Free*, reject those lies, and you can too with *Always Enough, Never Too Much: 100 Devotions to Quit Comparing, Stop Hiding, and Start Living Wild and Free*. Through the Scripture and the devotions, find the tools you need to claim the fullness of Jesus in your own life and soak in the encouragement of two girls who will never stop cheering you on! With a unique flip-book design, these 100 devotions are topical, so you can choose what you need most every time you open the pages. This book is designed for you, the woman who feels like she can be both too much and not enough—sometimes on the same day. *Always Enough, Never Too Much* is the daily marching orders after the anthem cry of *Wild and Free*. Join Jess and Hayley on a journey toward freedom with this beautiful new devotional.

**Overcoming Destructive Anger**-Bernard Golden 2016-06-15 "Readers will be drawn to this book because their lives have been affected, even devastated, by anger. Job loss, divorce, family estrangement, substance abuse, and imprisonment are just some of the potential fallouts from uncontrolled anger. Many people do not know how to start making changes to turn destructive anger into healthy anger. This book offers understanding and tools for making those changes. In helping readers understand anger, psychologist Bernie Golden explains that while anger serves a purpose, it can easily become destructive. In this book he offers strategies to overcome anger that

**Body Kindness**-Rebecca Scritchfield 2016-12-27 Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. *Body Kindness* is based on four principles. **WHAT YOU DO:** the choices you make about food, exercise, sleep, and more **HOW YOU FEEL:** befriending your emotions and standing up to the unhelpful voice in your head **WHO YOU ARE:** goal-setting based on your personal values **WHERE YOU BELONG:** body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, *Body Kindness* helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

**Breaking Free**-Carolyn Ainscough 2018-02-15 This classic book has helped many thousands of people to manage the impact that childhood sexual abuse has had on their lives. The positive and optimistic approach continues to empower survivors to break free from the past. This new edition by clinical psychologist Kay Toon now refers to types of abuse that have come to light more recently, such as street exploitation, and abuse by celebrities, politicians and football coaches, as well as the use of digital technology to groom children and young people. *Breaking Free* is regularly recommended by agony aunts and therapists. A Department of Health project provided copies of *Breaking Free* and the *Breaking Free Workbook* to NHS Mental Health Provider Trusts. "The voice of the cowed, betrayed and helpless sexually abused child speaks powerfully throughout this book." *British Journal of Psychiatry* "The way the book instils hope is inspiring." *Journal of Social Work Practice* "This book will be enormously helpful to those who have endured sexual abuse." *Nursing Times*

**Betrayal Bond, Revised**-Patrick J. Carnes, PhD 2018-08-17 Some really great books just keep getting better! For seventeen years *The Betrayal Bond* has been the primary source for therapists and patients wrestling the effects of emotional pain and harm caused by exploitation from someone they trusted. Divorce, litigation, incest and child abuse, domestic violence, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. These are situations and relationships of incredible intensity or importance lend themselves more easily to an exploitation of trust or power. In *The Betrayal Bond*, Dr. Carnes presents an in-depth study of these relationships; why they form, who is most susceptible, and how they become so powerful. Dr. Carnes also gives a clear explanation of the bond that compels people to tolerate the intolerable, and for the first time, maps out the brain connection that makes being with hurtful people

comparable to 'a drug of choice.' Most importantly, Carnes provides practical steps to identify compulsive attachment patterns and ultimately to change or end them for good. This new edition includes: New science for understanding how our brains can make a prison of bad relationships New assessments and insights based on 50,000 research participants A new section utilizing the latest findings in attachment research and narrative therapy to concretely rewrite and rescript bad experiences A redefinition of the factors contributing to addictive relationships

**Peaceful Parent, Happy Kids**-Laura Markham 2012-11-27 A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right "consequence," look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

**Breaking the Habit of Being Yourself**-Joe Dispenza 2013 The author combines the fields of quantum physics, neuroscience, brain chemistry, biology and genetics to back up his assertion that people are not helpless products of their genes and can in fact realize true change for the better. Reprint.

**The Body Keeps the Score**-Bessel A. Van der Kolk 2015 An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

**The Mindful Self-Compassion Workbook**-Kristin Neff 2018-08-15 Self-compassion is a powerful inner resource. More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards in order to cultivate emotional well-being. In a convenient large-size format, this is the first self-help resource based on the authors' groundbreaking 8-week Mindful Self-Compassion program, which has helped tens of thousands of people around the globe. Every chapter includes guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; vivid examples of people using the techniques to address different types of challenges (relationship stress, weight and body image issues, health concerns, anxiety, and more); and empathic reflection questions. Working through the book, readers build essential skills for personal growth based on self-care—not self-criticism. See also *The Mindful Path to Self-Compassion*, by Christopher Germer, which delves into mindful self-compassion and shares moving stories of how it can change lives.

**The Poison Jungle (Wings of Fire, Book 13)**-Tui T. Sutherland 2019-07-30 The New York Times bestselling series continues with a thrilling revelation -- brand-new tribes of dragons!

**Treating Black Women with Eating Disorders**-Charlynn Small 2020-07-13 The first of its kind, this edited volume provides in-depth, culturally sensitive material intended for addressing the unique concerns of Black women with eating disorders in addition to comprehensive discussions and treatment guidelines for this population. The contributing authors—all of whom are Black professionals providing direct care to Black women—offer a range of perspectives to help readers understand the whole experience of their Black female clients. This includes not only discussion of their clients' physical health but also of their emotional lives and the ways in which the stresses of racism, discrimination, trauma, and adverse childhood experiences can contribute to disordered eating. Through a wealth of diverse voices and stories, chapters boldly tackle issues such as stereotypes and acculturative stress. Clinicians of any race will gain new tools for assessing, diagnosing, and treating disordered eating in Black women and will be empowered to provide better care for their clients.

**Glory Girl**-Jess Connolly 2021-01-26 God has a purpose for you. But maybe

what you're meant to be is still a mystery. So where do you start? Jess Connolly will help you get answers to this question and more, no matter where you are in your journey. *Glory Girl* will jumpstart your search for purpose. In each meaningful chapter (plus room for reflective journaling), Jess's wise words will help you: discover the things you are really passionate about, understand your strengths and weaknesses, face your fears, catch the vision, make a plan, and find the confidence you need to make your move—all in the bold belief that God has called you to every step of the journey. *Glory Girl* helps girls ages 8-12: Recognize their unique, God-given gifts. Fight their fears with faith and truth. Deal with distractions that throw them off course from God's plan for them. Stop trying to be "the best" at everything and trust that God has a plan for them. Stop comparing themselves to others.

**Looking Shame in the Eye**-Simon Cozens 2019-12-02 What is shame and where does it come from? How can we break free and help others held in its vice-like grip? And what is the gospel when shame is the problem? Shame, humiliation and stigma are all around us. This book helps Christians to introduce 'shame thinking' into their own lives and it shows how God's freedom can release anyone suffering from the debilitating grip of shame.

**Chasing Slow**-Erin Loechner 2017-01-10 You're here, but you want to be there. So you spend your life narrowing this divide, and you call this your race, your journey, your path. You live your days tightening your boot straps, wiping the sweat from your brow, chasing undiscovered happiness just around the bend. Higher! Faster! Better! Stronger! And on and on you run. Viral sensation and HGTV.com star Erin Loechner knows about the chase. Before turning 30, she'd built a fan base of one million women worldwide and earned the title "The Nicest Girl Online" as she was praised for her authentic voice and effortless style. The *New York Times* applauded her, her friends and church admired her, and her husband and baby adored her. She had arrived at the ultimate destination. So why did she feel so lost? In *Chasing Slow*, Erin turns away from fast and fame and frenzy. Follow along as she blazes the trail toward a new-fashioned lifestyle—one that will refresh your perspective, renew your priorities and shift your focus to the journey that matters most. Through a series of steep climbs—her husband's brain tumor, bankruptcy, family loss, and public criticism—Erin learns just how much strength it takes to surrender it all, and to veer right into grace. Life's answers are not always hidden where they seem. It's time to venture off the beaten path to see that we've already been given everything we need. We've already arrived. You see? You'll see.

**True You**-Janet Jackson 2011-12-13 The famous singer reveals her body image insecurities and struggles with food and relationships that have plagued her since childhood, and sheds light on her career, personal life and famous family. Reprint.

**The Orphan Syndrome: Breaking Free and Finding Home**-Nick Eno 2016-02-19 A counselor outlines the symptoms of a wounded orphan spirit vs. a healthy spirit and how an orphan spirit affects our relationships and ability to receive love. From alienation, disconnection, restlessness, to an inability to sense God's love, the syndrome is characterized by the lie that says, "You're on your own." Nick Eno provides dynamic, real-life examples of individuals who have struggled with this syndrome, and those who have been healed and transformed by the love of God. How to break free from the bondage of the orphan syndrome to finding your home in God as his son or daughter.

**Shame Interrupted**-Edward T. Welch 2012-04-30 No More Hiding Shame controls far too many of us. Worthless, inferior, rejected, weak, humiliated, failure...it all adds up to wishing we could get away from others and hide. We know what shame feels like. The way out, however, is harder to find. Time doesn't help, neither does confession, because shame is just as often from what others do to you as it is from what you have done. But the Bible is about shame from start to finish, and, if we are willing, God's beautiful words break through. Look at Jesus through the lens of shame and see how the marginalized and worthless are his favorites and become his people. God cares for the shamed. Through Jesus you are covered, adopted, cleansed, and healed.

**Focus on Addictions**-Kay Marie Porterfield 1992 Provides information on a wide range of addictions and compulsive behavior disorders, examines psychological and physiological aspects of each, and includes a discussion of codependency

**Girl, Wash Your Face**-Rachel Hollis 2018-02-06 #1 NEW YORK TIMES BESTSELLER - OVER 3 MILLION COPIES SOLD Do you ever suspect that everyone else has life figured out and you don't have a clue? If so, Rachel Hollis has something to tell you: that's a lie. If you have ever said any of these things to yourself . . . Something else will make me happy. I'm not a good mom. I will never get past this. I am defined by my weight. I should be further along by now. . . . then you could benefit from the unflinching faith and rock-hard tenacity Rachel Hollis has in store for you. In this challenging but conversational book, Rachel exposes the twenty lies and misconceptions that too often hold us back from living joyfully and productively, lies we've told ourselves so often we don't even hear them anymore. Rachel is real and talks about real issues. More than that, she reveals the specific practical strategies that helped her move past them. In the process, she encourages, entertains, and even kicks a little butt, all to convince you to do whatever it takes to get real and become the joyous, confident woman you were meant to be. Because you really can live with passion and hustle - and give yourself grace without giving up.

**Take It Too Far**-Jess Connolly 2020-03-24 Jess speaks about this phrase as a mantra in her personal faith and relationships. Before her husband stands to preach, she always tells him to "take it too far." When she is burned out on work and ministry, she reminds herself to "take it too far." This motto of extravagant grace, wild love, and life-altering faith is one that we see readers resonating with and being excited by. *Take It Too Far* is an energizing, inspiring devotional that perfectly fits both Jess's brand and her audience. Her people are active and vocal in their faith. They attend conferences, volunteer in their communities, are leaders and servants in their church. The message of "Take it too far" is one that that has defined the season of life that Jess and her family are in, and could very well define the next season for many of her readers.

**Women Food and God**-Geneen Roth 2011-09-29 Millions of us are locked into an unwinnable weight game, as our self-worth is shredded with every diet failure. Combine the utter inefficacy of dieting with the lack of spiritual nourishment and we have generations of mad, ravenous self-loathing women. So says Geneen Roth, in her life-changing new book, *Women, Food and God*. Since her 1991 bestseller, *When Food Is Love*, was published, Roth has taken the sum total of her experience and combined it with spirituality and psychology to explain women's true hunger. Roth's approach to eating is that it is the same as any addiction - an activity to avoid feeling emotions. From the first page, readers will be struck by the author's intelligence, humour and sensitivity, as she traces the path of overeating from its subtle beginnings through to its logical end. Whether the drug is booze or brownies, the problem is the same: opting out of life. She powerfully urges readers to pay attention to what they truly need - which cannot be found in a supermarket. She provides seven basic guidelines for eating (the most important is to never diet) and shares reassuring, practical advice that has helped thousands of women who have attended her highly successful seminars. Truly a thinking woman's guide to eating - and an anti-diet book - women everywhere will find insights and revelations on every page.

**I Know Why the Caged Bird Sings**-Maya Angelou 2010-07-21 Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. *I Know Why the Caged Bird Sings* captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou's debut memoir is a modern American classic beloved worldwide. Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local "powhitetrash." At eight years old and back at her mother's side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors ("I met and fell in love with William Shakespeare") will allow her to be free instead of imprisoned. Poetic and powerful, *I Know Why the Caged Bird Sings* will touch hearts and change minds for as long as people read. "I Know Why the Caged Bird Sings liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity."—James Baldwin From the Paperback edition.

**The Making of Biblical Womanhood**-Beth Allison Barr 2021-04-20 "A powerful work of skillful research and personal insight."--Publishers Weekly *Biblical womanhood--the belief that God designed women to be submissive wives, virtuous mothers, and joyful homemakers--pervades North American Christianity. From choices about careers to roles in local churches to relationship dynamics, this belief shapes the everyday lives of evangelical*

women. Yet biblical womanhood isn't biblical, says Baylor University historian Beth Allison Barr. It arose from a series of clearly definable historical moments. This book moves the conversation about biblical womanhood beyond Greek grammar and into the realm of church history--ancient, medieval, and modern--to show that this belief is not divinely ordained but a product of human civilization that continues to creep into the church. Barr's historical insights provide context for contemporary teachings about women's roles in the church and help move the conversation forward. Interweaving her story as a Baptist pastor's wife, Barr sheds light on the #ChurchToo movement and abuse scandals in Southern Baptist circles and the broader evangelical world, helping readers understand why biblical womanhood is more about human power structures than the message of Christ.

**Live Free**-DeVon Franklin 2021-05-04 The bestselling author returns with his biggest book yet in which he teaches us the secret to living a happier life: get rid of as many expectations as possible--of ourselves, our future, our relationships, our career and our family. Expectations are the secret software, running on the hardware of our minds, controlling our emotions, decisions, and actions. How? Think about your life. How much of the sadness you feel derives from what you think should have happened--than with what actually happened? Think about your career. How much of the discontent you feel comes from your belief about where you'd be at this point--than with the progress you've actually made? Think about your relationships. How much of your dissatisfaction with friends, family, significant others, or spouses has to do with your unspoken presumptions--than with the people themselves? Having so many expectations is distorting your perspective, decreasing your happiness and disrupting your joy. You can live a life of true freedom, greater peace and less stress: release as many expectations as possible. This, DeVon Franklin argues, is the secret to a better life now. In a culture obsessed with more, Live Free is a bold counterintuitive book that can start a cultural revolution, Franklin contends. Everyone struggles with unnecessary expectations. But once you learn to let go of them, you can set the stage for the life you've

always wanted.

**Breaking Free**-Beth Moore 2009-10 A 10-week bible study exploring freedom in Christ for women. Focuses on themes from the Book of Isaiah.

**The Body and Shame**-Luna Dolezal 2015-03-31 The Body and Shame: Phenomenology, Feminism, and the Socially Shaped Body investigates the concept of body shame and explores its significance when considering philosophical accounts of embodied subjectivity. Body shame only finds its full articulation in the presence (actual or imagined) of others within a rule and norm governed milieu. As such, it bridges our personal, individual and embodied experience with the social, cultural and political world that contains us. Luna Dolezal argues that understanding body shame can shed light on how the social is embodied, that is, how the body--experienced in its phenomenological primacy by the subject--becomes a social and cultural artifact, shaped by external forces and demands. The Body and Shame introduces leading twentieth-century phenomenological and sociological accounts of embodied subjectivity through the work of Edmund Husserl, Maurice Merleau-Ponty, Jean-Paul Sartre, Michel Foucault and Norbert Elias. Dolezal examines the embodied, social and political features of body shame. contending that body shame is both a necessary and constitutive part of embodied subjectivity while simultaneously a potential site of oppression and marginalization. Exploring the cultural politics of shame, the final chapters of this work explore the phenomenology of self-presentation and a feminist analysis of shame and gender, with a critical focus on the practice of cosmetic surgery, a site where the body is literally shaped by shame. The Body and Shame will be of great interest to scholars and students in a wide variety of fields, including philosophy, phenomenology, feminist theory, women's studies, social theory, cultural studies, psychology, sociology, and medical humanities.