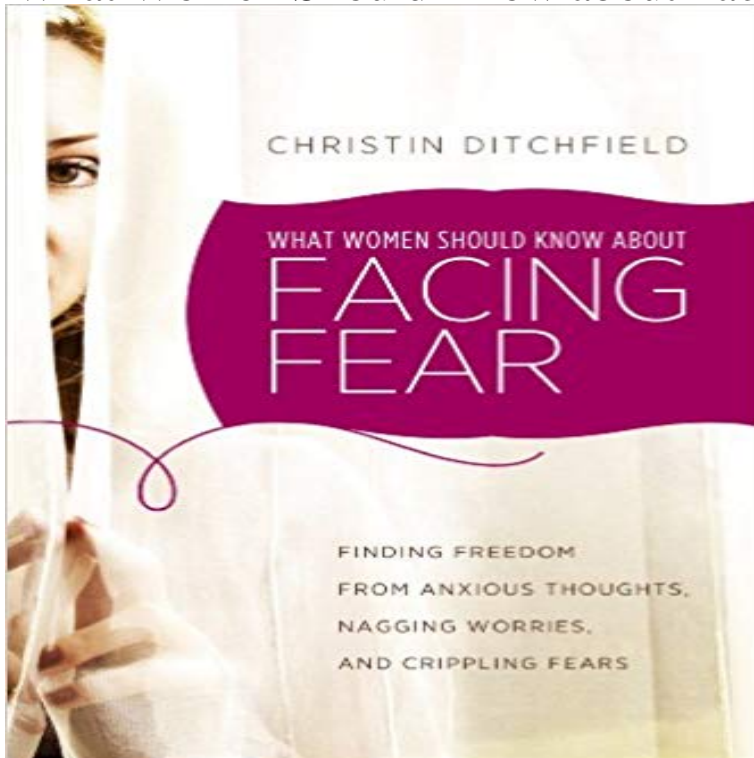


What Women Should Know about Facing Fear



You don't have to be held captive by your fears. Imagine what your life could be without those anxious thoughts, nagging worries, and crippling fears. What if you could finally become the woman you were created to be? Author Christin Ditchfield knows what it is to be bound by fear - and to be set free. Sharing from her own personal experiences and the life-changing truths of Scripture, she will help you: Recognize the stranglehold that fear can be and break free from its destructive power. Identify your own unhealthy responses to fear and discover more effective strategies. Find courage to face your fears head on and conquer them. Experience for yourself the perfect love that casts out fear and know true Peace. The fear that has held you back can become the catalyst that propels you to a deeper faith and a more intimate relationship with God. Includes an eight-week Bible study for individuals, Sunday School classes, or small groups. Endorsements: This is a book that will resonate with women everywhere. Through the gift of her vulnerability, Christin invites us to face our own fears, knowing that because of Christ we are never alone. Sheila Walsh, author of *God Loves Broken People And Those Who Pretend They're Not* Christin's excellent new book -- a wonderful combination of memoir and teaching -- clearly reveals how we can be healed from a lifetime of fear, worry and control issues. Savor every quote, consult every useful appendix, delve into the Bible Study, and come away with armor for the fight against fear in your own life and the lives of those you love. Courage and hope guaranteed on every page! Lucinda Secret McDowell, Author *Role of a Lifetime* In *What Women Should Know About Facing Fear*, Christin equips women to be bolder, braver and become all God designed them to be. She calls readers to live life out of the shadows of trepidation and in the sunshine of

victory. We are friends, so I have watched her slay anxiety, apprehension and alarm - trading it in for calm, courage and confident living. She leaves footprints to the fearless life that every woman can follow. Pam Farrel, author of the bestselling *Men Are Like Waffles, Women Are Like Spaghetti* and *Becoming a Brave New Woman* Christin shows us how to break free, move beyond fear and live who we were made to be. She digs deep into Gods Word and provides practical and wise steps that help every woman gripped by fear move toward Jesus and away from bondage. Leslie Vernick, counselor, coach, speaker and author of *Lord, I Just Want to be Happy* and *The Emotionally Destructive Marriage*. What woman doesnt deal with fear on a daily basis? I love how Christin shares not only what fear can do to us physically, emotionally, and spiritually, but how we can overcome it. The book is full of practical answers, like her top 5 strategies for battling fear. And the explanation of the difference between worry and fear -what a huge help! Woven between the pages are stories of people who have faced fear with Gods help and the wonderful hope we have in the midst of any fear...I couldnt put it down! Jill Swanson, conference speaker and author of *Simply Beautiful Inside and Out* I dont think I know a single person for whom fear of some kind is not an issue. Christin shows us how we can face it, challenge it, use it, and overcome it. Jennifer Kennedy Dean, Executive Director of The Praying Life Foundation, author of *Live a Praying Life* Christin Ditchfield addresses the fears women face every day. With poignant authenticity, she also shares her own journey of transitioning from fear to faith. The book engages the heart and mind while simultaneously pointing every reader to answers based on Gods truth. The Bible study at the end of each chapter provides the tools needed to make it the next study you do with your small group. This book has my highest recommendation! Carol Kent, speaker and author, *When I Lay My Isaac Down* (NavPress)

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