



Renewed: Finding Your Inner Happy in an Overwhelmed World

By Lucille Zimmerman

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Women increasingly find themselves pulled in many directions, striving to balance the needs of others with the need to nurture themselves. This pull is often exhausting and, sometimes, can lead to resentment or burn-out. So how do we manage our work and family and faith and ministry lives if we aren't able to take care of ourselves as we also take care of others?

Renewed helps women understand the need to put themselves on "the list." Through practical ideas and relatable anecdotes, readers can better understand their strengths and their passions?and address some of the underlying struggles or hurts that make them want to keep busy or minister to others to the detriment of themselves. *Renewed* can help nurture those areas of women's lives to use them better for work, family, and service. It gives readers permission to examine where they spend their energy and time, and learn to set limits and listen to "that inner voice."

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Editorial Review

Review

What a wonderful book. For years I thought God was calling me to joy, but never happiness.

Stephen Arterburn, President New Life Live, author of *Every Man's Battle*

Years ago I read Thomas Moore's Care of the Soul...I loved it, but also had to confess it was pretty thick at times and that 'thickness' might keep some from discovering the vital truth of self-care. Lucille Zimmerman's Renewed does what Moore's book did but minus the thick; in other words, she serves up the good stuff in easily digestible portions, all based on the wisdom of others plus her own hard-won experience. The quick read (I finished it in a morning) feels like a conversation with a trusted friend, someone who cares deeply about you . . .

- John D. Blase, author

Lucille Zimmerman has written an easy to read, well-organized book, targeted to Christian women with the purpose of helping them understand the importance of and the specific ways of taking better care of themselves. Even though the specific audience is Christian women, that does not mean that others cannot benefit from the principles put forth in this book. This book can be a very positive influence for those not of the Christian faith. The principles also apply to men.

- John Chancellor, Amazon Top 500 Reviewer

From the Author

Many of the ideas I'll be sharing in this book stem from the latest research on happiness and positive psychology, so there is clinical evidence to back them up. These simple ideas have the capacity to change your life in a big way.

Thomas Merton said, "Happiness is not a matter of intensity but of balance and order and rhythm and harmony."

My book is by no means exhaustive, but it offers ways for you to incorporate balance, order, rhythm and harmony, and best of all, it gives you permission to take care of yourself. Some of the topics I'll be addressing are emotional self care, figuring out your identity, creating healthy boundaries, spirituality, solitude, secret sharing, appreciating beauty, play, exercise, forgiveness, grieving, what happens in counseling, the importance of connection, generosity and gratitude.

If you chose this book, at some deep level you must know that it is time to consider your own health and you are ready to enjoy your life and your family and find your way to that beautiful word: balance. I applaud you for recognizing that, and I look forward to sharing life-changing strategies to help you better care for yourself in the pages and days to come.

From the Inside Flap

Renewed.

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George Eichner:

The book Renewed: Finding Your Inner Happy in an Overwhelmed World can give more knowledge and information about everything you want. Why then must we leave a very important thing like a book Renewed: Finding Your Inner Happy in an Overwhelmed World? Wide variety you have a different opinion about publication. But one aim in which book can give many details for us. It is absolutely proper. Right

now, try to closer with the book. Knowledge or data that you take for that, you could give for each other; you may share all of these. Book Renewed: Finding Your Inner Happy in an Overwhelmed World has simple shape however, you know: it has great and large function for you. You can seem the enormous world by open up and read a publication. So it is very wonderful.

Robert Brown:

Spent a free time and energy to be fun activity to complete! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Can be reading a book might be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the publication untitled Renewed: Finding Your Inner Happy in an Overwhelmed World can be excellent book to read. May be it might be best activity to you.

Veronica Gregor:

Playing with family in the park, coming to see the water world or hanging out with pals is thing that usually you could have done when you have spare time, and then why you don't try issue that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Renewed: Finding Your Inner Happy in an Overwhelmed World, you may enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout people. What? Still don't buy it, oh come on its referred to as reading friends.

Brian Register:

This Renewed: Finding Your Inner Happy in an Overwhelmed World is great guide for you because the content which can be full of information for you who always deal with world and also have to make decision every minute. That book reveal it info accurately using great coordinate word or we can claim no rambling sentences inside. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but tough core information with splendid delivering sentences. Having Renewed: Finding Your Inner Happy in an Overwhelmed World in your hand like keeping the world in your arm, facts in it is not ridiculous just one. We can say that no guide that offer you world in ten or fifteen minute right but this book already do that. So , this is good reading book. Hi Mr. and Mrs. active do you still doubt that?

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