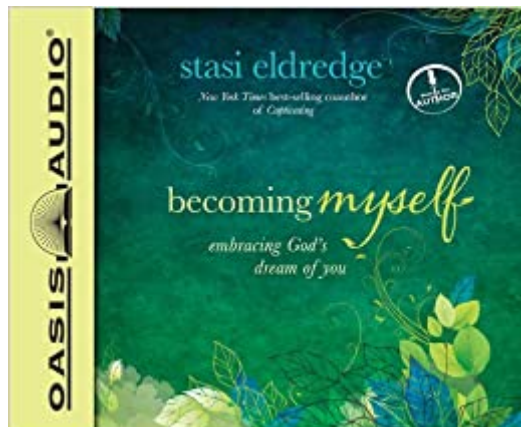


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# Becoming Myself: Embracing God's Dream Of You



## Synopsis

God has dreams just for you. *Becoming Myself* is a hope-filled audio book for anyone who wonders if her life will ever change if she will ever change. In Stasi Eldredge's most intimate work yet, she shares her own struggles with self-worth, addiction, and her past as she shows listeners how God is faithfully bringing us to a life of freedom and wholeness. God desires to restore us, and he is able to restore us the real us. As he heals our inner life he calls us to persevere to the occasion of our lives. The most important journey any woman can take is the one into becoming her true self through the love of God. It's a beautiful paradox: the more God's you become, the more yourself you become the woman he had in mind when he thought of you before the creation of the world.

## Book Information

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## Customer Reviews

With a writing style that makes the reader feel she is having an intimate chat over coffee with a close friend, Eldredge, who co-authored the bestselling *Captivating* and *Love and War* with her husband John, goes solo for this journey to the development of life-changing self-esteem. She offers practical ways to embrace the unique dream God has for each woman's life regardless of past mistakes or present feelings of inadequacy. Transformation must happen from the inside out, she says, but until women can see themselves through God's eyes, it won't happen. She offers humor, liberating insights, biblical lessons, and insightful imagery colored by blunt talk and brutally honest personal examples including her battles with weight gain to encourage women to see themselves in a different light. The conversation rambles as chats between friends do, but focus can

become foggy. Study notes at the end of chapters or in the rear of the book might have been helpful tools for pulling concepts together and providing ways for digesting more of this meaty food for thought. Agent: Curtis Yates, Yates & Yates. (Aug.) --This text refers to an out of print or unavailable edition of this title.

God Is Transforming You Do you have an area of your life that you would like to change, have tried to change, and have failed to change? Stasi Eldredge knows from experience that loneliness, anger, or a poor self-image can take a toll on your belief that God loves you. In *Becoming Myself*, Stasi talks frankly about her own struggles with her past, her weight, and her self-worth to remind you that you don't have to stay stuck. Shame and fear don't need to be a part of your life. After all, they will never create the growth you long for. Only God can do that. You are on the way to becoming your true self. Come participate in the transformation God promises as you explore your own story, awaken to your God-given desires, and begin to see yourself as God sees you. --This text refers to an out of print or unavailable edition of this title.

This book has dramatically changed my life. It is hard for some women to read simply because it takes you into your past which is usually a very painful thing, but if you stay diligent and keep reading, there is amazing amounts of healing and freedom on the other side. I read this and did the study guide together. I love this book so much that I bought a book and study guide for all of the women in my life, I want them to experience the same freedoms that I now get to walk in. You will hate it because you deal with painful things, but in the end, the pain is ALL worth it. Don't hesitate, if you want to walk in freedom, get the set. Her other book *Captivating* is AMAZING as well and they kind of go together in a lot of ways. Stasi Eldredge is an amazing author and she is real. Her books are an easy read, and simply awesome! Go for it, and grab your freedom!

I have enjoyed books by Stasi and John so was eager to pick this one up. I thought I would read it once and then use it with others when helping them discover who they are in God. Truthfully I didn't expect the book to dredge up so many things I had long since forgotten about but that is what happened. I am not finished reading it yet but I definitely find it to be doing a deep work in my heart. Her writing style is unique and not for everyone but if you can get passed that I would suggest you pick this one up, just don't expect to read it quickly there is too much work to be done.

I was going through a very dark time in my life where I only saw the light of Jesus. I felt that He was

all I had and I desperately wanted to go to Him. So I shut everyone out and begged Him to take me out of this world. He then began to show me that He was right beside me walking beside me all along. The words you spoke are healing my heart through the Holy Spirit Keep it coming!!!

This book is real, it is accessible, and while it does lead the reader into specific ways of stepping into greater freedom and life, it does not do so with formulas or pat answers. I am so grateful for that! This is a book that was lived long before it was written, and so rather than the "Give me the steps to change and be done with it" that we sometimes ask for in our quick-fix culture, this book is more of "Give me the eyes of Jesus: to see Him, to see myself, and to see others". It's those eyes and that perspective that can move us into transformation and life "with ever increasing glory". Stasi's transparency is an instrument of courage for change- and her stories remind us of God's deep desire for life for us. I read this book expecting to encounter God and was not disappointed; may the encounter continue!

Susan Faunce, LMHC, CAP Stasi does an outstanding job of using scriptures and real life experiences to help women have hope. She gives each of us courage to overcome and embrace our true selves that God meant us to become. I especially liked the chapter about not every woman is the same, dresses the same and has to act the same in church. I tried to do that when I first became a Christian. I buried a part of myself. I would recommend this book to any woman young or old who has struggled with "fitting in" feeling less than for whatever reason." As a counselor this book would also be a good tool for woman struggling with self esteem issues. Stasi gives tools and resources to help women grow and become their best for God's glory!

This book was incredible. I was surprised by how perfect the timing was for me. The topics of moms and friends were especially personal for me. Stasi did a great job tackling these tough subjects with truth. I greatly appreciate that she didn't sugar coat them or offer a quick fix. Pointing the reader back to Jesus was so greatly appreciated and effective.

This book was everything I needed it to be and more!! It touched on a lot of different areas in my life that I was looking for answers too. Becoming Myself is definitely a must read for any woman who is in the process of starting over. You may have experienced a trying season and feel as though your life is over or you will never bounce back to who you really are; this book will help!! If you're reading this at this moment it's not by accident... it's your time and season to pick up and start over in

becoming the Woman you were created by God to be!!

What a blessing and eye opener. Stasi made me check myself and go places that I really didn't want to go. She was lovingly named "the checker" by myself and other members of me group. This book allowed me to really look within and realize that I am God's beloved daughter and he loves me just as I am. I read this book with a group of women with my church and it changed us all. We grew closer to God and each other. Excepting ourselves as well as lifting each other up.

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