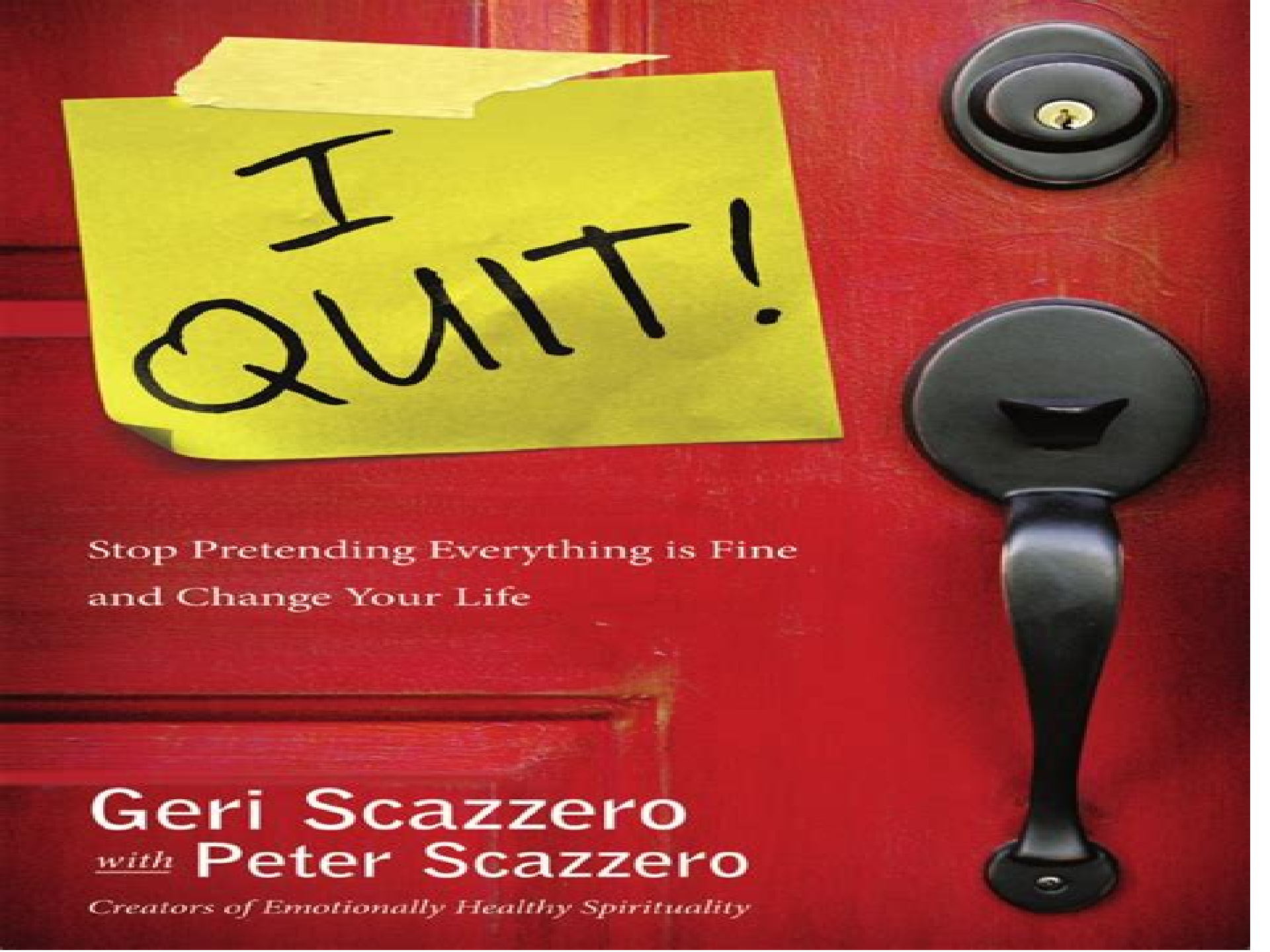


A red door with a black doorknob and a peephole. A yellow sticky note is stuck to the door, reading "I QUIT!".

I
QUIT!

Stop Pretending Everything is Fine
and Change Your Life

Geri Scazzero
with **Peter Scazzero**

Creators of Emotionally Healthy Spirituality

I Quit Stop Pretending Everything Is Fine And Change Your Life

Lance Witt



I Quit Stop Pretending Everything Is Fine And Change Your Life:

I Quit Geri Scazzero, 2010 Geri Scazzero discovered real life and joy with Christ really began when she stopped pretending everything was fine Summoning the courage to quit that which does not belong to Jesus kingdom launched her on a powerful journey that changed her and everyone around her *Practical Life I Quit!* Geri Scazzero, 2010-09-07 Do you ever think My soul can't take this anymore Geri Scazzero discovered real life and joy with Christ really begins when we stop pretending everything is fine Summoning the courage to quit that which does not belong to Jesus kingdom launches you on a powerful journey one that will change you and everyone around you *Beyond the Broken Church* Sarah Raymond Cunningham, 2014-04-22 *Beyond the Broken Church* is a collection of heartfelt learnings from Sarah Cunningham a young adult raised in the faith about the church she's not always sure she wants to be part of The book engages concerns of a disillusioned generation head on and offers hope and honest practical ideas for moving beyond one's frustrations In the end *Beyond the Broken Church* tells a story that will be familiar to many the journey of overcoming disillusionment and staying the course This revised and expanded version of the popular book *Dear Church* revisits the existing book with additional chapters fresh statistics new insights into why people are leaving the church and a resource guide for those who care about the disillusioned and want to understand them better *Beyond the Broken Church* will be a breath of fresh air to others who have experienced frustration in church as well as an insider's guide for those seeking to understand current trends in church attendance particularly among the younger generation **The Emotionally Healthy Woman** Geri Scazzero, 2013-10-22 Part of the bestselling *Emotionally Healthy Spirituality* book collection *The Emotionally Healthy Woman* provides women a way out of surface level spirituality to genuine freedom in Christ Geri Scazzero knew there was something desperately wrong with her life She felt like a single parent raising her four young daughters alone She finally told her husband I quit and left the thriving church he pastored beginning a journey that transformed her and her marriage for the better This book is for every woman who thinks I can't keep pretending everything is fine Geri speaks like a friend as she uses personal stories and biblical principles to help you find your way out of superficial spirituality and move to a deep meaningful lifechanging relationship with God And the journey begins by quitting Geri quit being afraid of what others think She quit lying She quit denying her anger and sadness She quit living someone else's life When you quit those things that are damaging to your soul or the souls of others you are freed up to choose other ways of being and relating that are rooted in love and lead to life When you quit for the right reasons at the right time and in the right way you're on the path not only to emotional health but also to the true purpose of your life Check out the full line of *Emotionally Healthy Spirituality* books dedicated to many different key areas of life Workbooks study guides curriculum and Spanish editions are also available **The Leader in You** Ebony S. Small, 2020-07-14 Have you ever been thrust into a surprising place of leadership Ebony S Small is a young leader with a wealth of experience in both churches and organizations With both practical and biblical wisdom she invites you to

discover your unique leadership gifts and see how every life experience can be used to help you lead from an authentic and healthy place **Your ONE Life** Lance Witt,2021-08-10 This is your life Right now You don t get a second chance to get it right There are no mulligans No do overs And no one has ever drifted into a rich and meaningful life by accident But here s the good news you are ridiculously in charge of your own life As a Christ follower you have every resource you need to live the abundant life Jesus promised In It s Your ONE Life pastor Lance Witt offers you a roadmap to align yourself with God s purposes and take extreme ownership over your life Sharing several practical tools Witt shows you how to craft the life you want care for your emotional health establish a healthy rhythm of life do life with God not just for God and practice the presence of people A life of significance focus and richness is well within your grasp It s Your ONE Life is the blueprint for making it happen **What Loss Can Teach Us** Beth Taulman Miller,2021-02-01 After a significant loss many people rush to get back a sense of normalcy without allowing themselves time to heal and learn from that loss Our loving and

compassionate God longs to walk with individuals on a transformational journey through loss toward becoming more emotionally and spiritually whole This book shows readers that God offers an on ramp to the process of tending to their pain What Loss Can Teach Us provides readers with stepping stones for getting through loss and pain while discovering the lessons they can learn through that process Including her own story of loss the author guides us in spiritual practices that helped her heal While nothing changes its reality loss can lead to an important juncture where readers will decide if they can trust God to take them through the hard process of growth and healing by allowing themselves to be shaped by the lessons they learn through their recovery What Loss Can Teach Us can serve as a road map for that transformational journey

Wisdom From the Margins William G. Britton,2018-05-16 Henri Nouwen wisely said The great illusion of leadership is to think that man can be led out of the desert by someone who has never been there Jesus has been there and knows how to lead us out but first he just may lead us in He meets us in the desert and does his best work in us there We look for an easier way in vain I myself reluctantly entered the desert and eventually received unimagined gifts there gifts I didn t ask for deserve or want gifts hidden in such painful loss that I despaired and yet looking back now these desert gifts were the best thing that ever happened to me I entered the desert and years later found my way out It s not a new way it was just new to me Jewish and Christian sages had been living it for thousands of years Somehow in recent generations we managed to forget it In this collection I mean to begin to make those riches available to you I m hoping that like me you ll discover something that you didn t know you wanted or needed and something now you wouldn t give up at any price **Following Jesus** Phillip C. Thrailkill,2022-10-17 Two questions are braided together in Luke s Gospel Who is Jesus and what does it mean to be his student and apprentice The church has spent much of its intellectual energies on the first question but not so much on the second We are precise in our Christology and vague in our Discipleology my new word Of the four biographies that open the New Testament Luke is perhaps the best equipped to answer the question of what it means to follow Jesus

along with others and what we can expect in the process Luke's Gospel is dense with story after story about Jesus's stumbling goofy persistent disciples And his second volume Acts continues the tale There is a deep continuity as Luke teaches between Jesus's original disciples and the ones who later declared their allegiance to him after his resurrection We walk in the footsteps of pioneers in this new way of living with a Jesus who is always near but just beyond sight The aim of this book is to plunder the fruits of New Testament scholarship especially the tools of rhetorical and narrative criticism to highlight what an incredible adventure came with the call to follow me Sacred Privilege Kay Warren, 2017-05-02 Life as a pastor's wife offers meaningful opportunities to play a significant part in God's work to witness and participate in the beauty of changed lives Yet it also carries the potential for deep wounds and great conflict that can drain the joy out of service Is it worth it Oh yes says Kay Warren wife of Pastor Rick Warren and cofounder of Saddleback Church It is more than worth the risk it's a sacred privilege Drawing on more than forty years in ministry in every possible size church Kay provides encouraging principles and life lessons along with intimate personal stories that will give readers the confidence needed to lead and live well Pastor's wives learn to accept who they are adapt to change help their children survive and thrive protect their private lives deal with criticism live with integrity develop an eternal perspective Whether she is excited struggling or feeling broken and tired every pastor's wife will find hope and encouragement for their calling in Kay's warm and wise words

Where's My Crown for Acting Like Everything Is Fine? Kerstin Lindquist, 2020-07-21 Making it through the tough waiting periods that string together can leave us feeling anything but fabulous But oh queen you are Four time Emmy Award winning journalist and TV host Kerstin Lindquist helps us break out of our most painful waiting rooms by delivering raw truth When did making women friends become so hard attainable faith For two excruciating sweat inducing minutes I publicly prayed a prayer so disjointed I can't even recreate the sounds it was that bad and real life humor My text read Just realized I'm naked in my kitchen making myself a martini Through the pages Kerstin shares her own stories with the honesty of your best friend She explains what has worked for real overwhelmed under supported women just like you who are living through unbearable waits unemployment illness infertility death even seasons of joylessness that seem to never end You will learn how to manage all the little waits that come daily the ones that make you feel like you're missing out on your life Where's My Crown offers tangible advice and actionable steps for coping through each season including How to improve your prayer life How to break free from lack of sleep What foods can help you get and stay fit for this period of struggle The two categories of exercise that are essential for thriving How to find the elusive tribe we're supposed to have but can't seem to locate How to pick the right therapist How serving others can get you out of this waiting period faster Where's My Crown considers that those waiting rooms of life that we so dread are full of gifts we're just too frustrated to find Maybe you aren't getting out because there is something inside you're meant to discover a person a place a situation that will change your life or theirs for the better You just need to take a break from trying so hard to find the door **Pemimpin dalam Diri Anda** Ebony S.

Small, 2022-06-20 Apakah Anda Pernah Didorong ke Posisi Kepemimpinan yang Mengejutkan Ebony S Small adalah seorang pemimpin muda dengan segudang pengalaman baik di gereja maupun organisasi Ia memiliki kebijaksanaan praktis dan alkitabiah untuk ditawarkan apakah Anda baru memulai atau sedang mencari awal baru dalam hidup dan kepemimpinan Anda Setiap standar dalam hidup Anda baik buruk atau biasa saja adalah penanda berbeda yang digunakan Tuhan untuk membuat Anda memiliki tujuan Kekuatan hadirat Allah bukan hanya untuk kebaikan Anda saja tetapi juga untuk semua di lingkaran pengaruh Anda Buku ini menawarkan undangan untuk talenta dan keterampilan kepemimpinan Anda yang unik Ketaatan kita kepada Tuhan menghasilkan efek berkelanjutan yang dapat mengubah jalan hidup generasi mendatang

Your Life's Puzzle August Leo, 2024-07-30 There are so many people who are suffering in silence When they re in public they put on a face as though everything is well When they are long they slip back into depression We need to learn to get along stop judging and learn to love one another That begins with the person you see in the mirror The most powerful thing in the world is the human mind People should take the words can t and impossible out of their vocabulary If those two words are in your vocabulary you will have a defeated mindset and you will fail before you get started If you have faith belief Come up with a plan and take action Anything is possible The power is in belief If you have the will anything is possible The purpose of the material in this book is to give the gift of hope I want to inspire you people and lift them up There are some people who are stressed out and depressed and have fallen into a dark place because of things they have experienced in life Some of them have given up and stopped looking for a way out If you are in a dark place in life darkness cannot drive out darkness It takes light to drive out darkness We are bombarded with negativity from news and social media all day long The materials in this book are meant to be a ray of light to drive out the darkness The short stories in this book are about real people who ve made mistakes You can t make all your mistakes but you can learn from someone else Another purpose of this book is to encourage people to use their inner pain and hurt as fuel to push themselves toward their dreams If you re not happy where you are in life it s up to you to change it You have to take responsibility for your life No one is going to do it for you No one is going to care for you more than you care for yourself Here is a list of some of the topics that will be discussed in this book learning disabilities depression loneliness suicide intuition solitude self love self hate self worth self esteem stress and much more

Privilégio sagrado Kay Warren, 2021-02-18 Se a vida como esposa de pastor oferece por um lado muitas oportunidades de desempenhar um papel importante na obra de Deus e de testemunhar do prazer de fazer parte da transforma o de vidas por outro tamb m carrega o potencial de feridas profundas e grandes conflitos que podem roubar a alegria da miss o Vale a pena Kay Warren esposa do pastor Rick Warren e cofundadora da Igreja Saddleback afirma que sim N o s vale a pena como tamb m um privil ggio sagrado Kay traz princ pios encorajadores e significativas li es de vida ilustradas com experi ncias pessoais adquiridas ao longo de mais de quarenta anos de minist rio que dar o s leitoras a confian a necess ria para liderar e viver bem Animada atribulada ou exaurida a esposa de todo pastor encontrar nas palavras calorosas e s

bias de Kay Warren esperan a e encorajamento para seu chamado e para Aceitar se como Adaptar se a mudan as Ajudar os filhos a sobreviverem e se desenvolverem Cuidar de si mesma Valorizar fases e momentos Proteger a vida pessoal Lidar com cr ticas Adotar uma perspectiva eterna Concluir bem a jornada

Tobacco Road Frances Robert Lato,2010-05 This is a self help book on how to teach yourself to control and in fact stop your use of Tobacco in any form once and for all The author is a 59 year old male who smoked 1 pack of Cigarettes each day for 22 years That s 7300 cigarettes per year or in his case it was 160 600 cigarettes for 22 years That s enough to make anyone sick and certainly has From the age of 16 to 38 he always knew that one day he would eventually want to stop smoking and find a way to regain control of his life with respects to his one pack a day habit While driving a truck in the middle of his normal work day back in the summer of 1986 he experienced some sudden fluttering in his chest and dizziness Because he felt instant fear and out of control over this unexplained feeling he quickly made an appointment to see a cardiologist for a complete physical Upon completion of his physical with his Doctor he was told he was very fit and in fine shape for a young man at 36 but that by the time he was 45 he could experience some real problems as he already had a wheeze Even though there is no history of heart problems in his family being of Italian decent and longevity was well established with parents who lived to almost 90 and grand parents who made it to 95 and 100 his concerns grew He felt threatened by the thought of heart trouble from smoking because he once witnessed two men die right before his eyes from heart attack and both men happen to be heavy smokers His fears began to take their toll rapidly with the doctor s simply advice to QUIT SMOKING NOW

The Indispensable Woman Ellen Sue Stern,1991 In her positive reassuring and groundbreaking book Ellen Sue Stern offers more than a quick fix to women and men whose destructive behavior patterns are damaging them and their most important relationships Through case histories self tests and a step by step recovery program you will learn how to relinquish control and codependence let go of guilt and break the pattern of perfectionism and indispensability that has been ruling your life Book jacket

[Don't Drink Like My Sister](#) Nicole Cox Murray,Tammie Cox,2022-01-04 Have you ever thought that you had an itch that only alcohol could scratch The Sober Sisters have a suggestion Just be itchy b tch As we say in the hilariously raw honest and groundbreaking book think bite sized social media type posts Don t Drink Like My Sister we ll addict the sh t out of anything If you re looking to Woman Up Level Up and Sober Up in a completely innovative way open this book We re positive you won t regret it Get to know the real life OG Sober Sisters through their ups and downs from drinking as tweens in Maryland to navigating Mommy Wine Culture as forty something single moms in both California and North Carolina Sometimes we don t hide the cracks in our double lives as well as we think Especially in a blackout Hang on tight for the ride of your life And always remember keep it simple today Tammie and Nicole

Stop Caretaking the Borderline or Narcissist Margalis Fjelstad,2013-02-07 People with Borderline or Narcissistic Personality Disorders have a serious mental illness that primarily affects their intimate personal and family relationships Often they appear to be normally functioning at work and in public interactions and Narcissists may

even be highly effective in the short term in some work or social situations. However, in intimate relationships, they can be emotional, aggressive, demeaning, illogical, paranoid, accusing, and controlling in the extreme. Their ability to function normally or pleasantly can suddenly change in an instant like flipping a switch. These negative behaviors don't happen once in a while; they happen almost continuously in their intimate relationships and most often and especially with their Caretaker family member. Here Margalis Fjelstad describes how people get into a Caretaker role with a Borderline or Narcissist and how they can get out. Caretakers give up their sense of self to become who and what the Borderline or Narcissist needs them to be. This compromises the Caretaker's self-esteem, distorts their thinking processes, and locks them into a Victim-Persecutor-Rescuer pattern with the Borderline or Narcissist. The book looks at the underlying rules and expectations in these relationships and shows Caretakers how to move themselves out of these rigid interactions and into a healthier, more productive and positive lifestyle with or without the Borderline/Narcissistic partner or family member. It describes how to get out of destructive interactions with the Borderline or Narcissist and how to take new, more effective actions to focus on personal wants, needs, and life goals while allowing the Borderline or Narcissist to take care of themselves. It presents a realistic yet compassionate attitude toward the self-destructive nature of these relationships and gives real-life examples of how individuals have let go of their Caretaker behaviors with creative and effective solutions.

Secrets of Our House Rea Frey, 2022-02-08 A thrilling domestic drama set against the power of the wilderness. Rea Frey's *Secrets of Our House* is a deeply felt novel of long-held secrets and the strength of family. Desi is the mastermind behind her dream getaway house. Nestled high into the mountains of North Carolina, it is a sleek place, a luxurious place, a dark place. A place full of secrets. Secrets about the man she longs for, a man who is not her husband. Secrets about the roots of her family that must never ever see the light of day. When Desi and her family arrive from Chicago to spend the summer in the mountains, the seeds for the tumultuous months to follow are planted: her marriage on the rocks, not knowing which way they'll go. Her seventeen-year-old daughter Jules falling in love for the first time with a local boy and forging a new path that will take her to uncharted places. And Carter, a man Desi knew long ago before she expunged him from her life for good. All hurtling toward events none of them can undo. Engaging, propulsive, and with a dramatic heart-pounding final act, *Secrets of Our House* is a dazzling novel richly drawn that shows no matter how hard outside forces may shake you, the bonds of family are stronger than the harshest winds.

The Journey Home Linda Ford, 2008-08-01 A STRANGER AT HER DOOR What unseen hand guided Kody Douglas's horse to that bleak, windswept South Dakota farmhouse? The half-breed cowboy, a man of two worlds at home in neither, would never know. But when he finds a lovely, vulnerable young woman there, abandoned in the darkest hours of the Depression, he cannot simply ride away and leave her. Charlotte Porter reluctantly follows this hard, embittered yet compelling man to his family's homestead. And the more she learns about him and the secret child who haunted his memories, the more she aches to comfort him and make him her own. But could two outcasts brought together by hard times and shared faith truly find love in so cold and heartless a

world

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