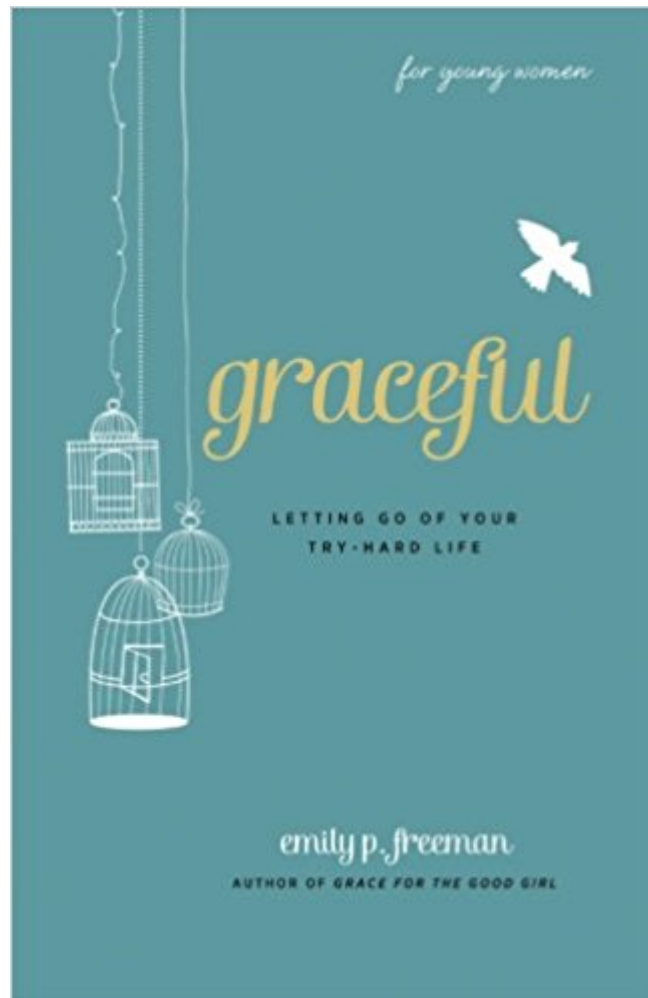




The book was found

Graceful (For Young Women): Letting Go Of Your Try-Hard Life



Synopsis

Popular (in)courage blogger encourages teen girls to transform faith from a list of things to do to a personal relationship with Jesus.

Book Information

Paperback: 176 pages

Publisher: Revell (September 1, 2012)

Language: English

ISBN-10: 0800719832

ISBN-13: 978-0800719838

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 10.1 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 49 customer reviews

Best Sellers Rank: #74,906 in Books (See Top 100 in Books) #74 in [Books > Christian Books & Bibles > Children's & Teens > Teens](#) #84 in [Books > Teens > Religion & Spirituality](#) #15193 in [Books > Religion & Spirituality](#)

Customer Reviews

For the prom queen, the athlete, the bookworm, and the dreamer. For the good test taker and the strict list maker. For the rule follower, the fear wallower, the messy, and the misunderstood. For the self-critic, the silent judge, and the girl who feels invisible. For the girl who is tired of trying and the one afraid to fail. These words are for you. You don't have to be perfect. But do you trust the One who is? The God who came to save you also came to live with you, in you, today. If you've been struggling with expectations--from your parents, your teachers, your friends, and even yourself--Graceful is for you. Are you trying hard to catch up but aren't sure what it is you're chasing? Read and be set free. Emily P. Freeman is the author of *Grace for the Good Girl*. Every Sunday night, she leads a small group of high school girls at her house where they talk about real life, real love, and the God who makes a difference. Emily's husband, John, is a youth pastor and they live together in North Carolina with their twin daughters, their son, and their crazy dog, Finn. Connect with Emily online at www.ChattingAtTheSky.com.

Emily Freeman is the author of *Grace for the Good Girl* and *Graceful*. Whether writing or speaking, Emily's words create space for souls to breathe, offering fresh perspective on the gracefulness of the everyday and the sacredness of our inner lives. She an

Emily Freeman has written a book that is sorely needed and the way she has written it is wonderful. Her voice is relatable, transparent, and, at times, poetic (but not in an esoteric or off-putting way). The substantial wisdom that is offered with such compassionate and clarity is likely to be a catalyst for transformation in the good girls who end up reading it. It is a deeply spiritual book, speaking to the core of who God is and who we are because of Him, yet I did not experience it as "religious" at all. As a clinical psychologist, I work with girls struggling with anorexia (who often are also struggling with the good girl syndrome.) I am so thankful and excited to have this book as a resource to recommend. I'm giving my copy away to a client this week. I think the truth contained in it will be invaluable.

Wonderful lesson. Highly recommend for youth groups.

Wow...Emily P. Freeman must have gotten inside of my head and wrote down MY thoughts! I couldn't believe how close I related to a lot of the chapters in this book. This book will change the way you see yourself and may even change your life! A must read!

Love this book so far. Going through it with a group of high school girls and it is a hit. I am excited for the rest of the semester and to see how God uses this book in the group to grow and challenge us!

For the perfectionist at her peak: high school. I was the worst around that time and have loosened my grip on Control through the softening effects of time...but this book...this book might have helped that healing process begin much faster. Beautifully written, funny, like you're talking to your best, smartest friend, the one who "gets" you. This is a go-to graduation gift for me.

I purchased this book for my daughter for Christmas and she was thrilled to receive it. I appreciate Emily Freeman's transparency and grace as she tackles this tough topic for teen girls. Emily has been there and the reader recognizes her genuineness in this book. I believe this book is one my daughter will re-read through the years to be reminded of the wonderful truths of God's grace. I highly recommend it for other teens.

This was the best purchase I've made in a long time for my first-born 17-year-old daughter. I read

the mom's version "Grace for the Good Girl," while she read "Graceful." It's a great conversation starter and she has shared it with her closest friend! Couldn't get any better than that!

Excellent for me and my 19 year old granddaughter. She clearly describes the traps (I have been in them all) and shows the necessary right thinking to get out of the traps. God's unconditional love is clearly presented to transform and to guide us in walking as a Christ follower!!

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