

**Ordinary on Purpose: Surrendering
Perfect and Discovering Beauty
amid the Rubble**

by Mikala Albertson

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 BETHANYHOUSE

Hope for Women Living Imperfect, Messy, Ordinary Lives

Like many women, Mikala aimed to be exemplary in all she did—marriage, motherhood, her career. But when her seemingly picture-perfect life began crumbling, God opened her eyes to the beauty that comes in living an ordinary life.

Ordinary on Purpose: Surrendering Perfect and Discovering Beauty amid the Rubble tells Mikala's own story of striving and suffering in the hunt for perfection. As a mother of young children, a practicing physician, and a wife to an addict, Mikala found that embracing her gritty, messy, complicated, tough, ordinary life led her on a journey of healing, redemption, renewal, and radical self-love.

“Ordinary on Purpose is a must-read for all women. Mikala takes us on a journey of heartbreak, forgiveness, and all the messy parts of life—and shows us there’s beauty to be found in the ordinary.”

—Leslie Means, creator of *Her View From Home*

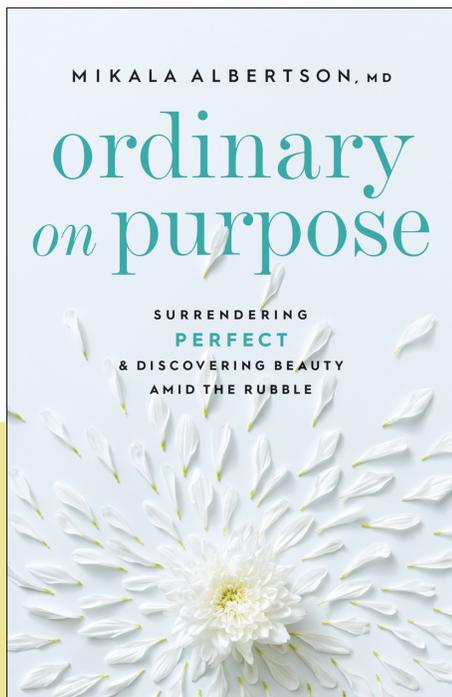
Mikala can speak directly to the woman who

- strives to be the best and fit the mold of the perfect life
- feels weary, tired, defeated, and overwhelmed by personal, familial, and community expectations
- wonders why everyone else seems to be more successful
- needs permission to embrace the regular life God gave her

Ordinary on Purpose reminds women that they don't need to prove anything to be loved, worthy, and free. Each of them is imperfect and finds beauty and hope in our perfect, loving God.

About the Author

Mikala Albertson, MD, is a family practice doctor turned mostly stay-at-home mom who is passionate about Jesus and all things ordinary. Since 2017, she has been writing and inspiring women to let go of striving for the world's expectations so they can fully embrace the good, hard, ordinary life God has planned. Life is beautifully ordinary, after all! Mikala lives with her husband of 19 years just outside of Salt Lake City, Utah, and together they raise their five children who range in age from 16 to 4. Learn more at ordinaryonpurpose.com and on Instagram at [@ordinaryonpurpose](https://www.instagram.com/ordinaryonpurpose).



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About the Book

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Sample Interview Questions

Ordinary on Purpose: Surrendering Perfect and Discovering Beauty amid the Rubble

1. Mikala, tell us what inspired you to write *Ordinary on Purpose*.
2. Why might this book read as a how-NOT-to guide instead of a how-to guide?
3. You make the statement that perfect is pretend. Why do you think striving for perfection is so prevalent in our culture?
4. You share a relatable concept that perfection feels like balancing a stack of heavy boxes—each labeled with different expectations and identities. How do we begin to let go of these things and the perfection that weigh us down?
5. *Ordinary on Purpose* is broken into two sections: Surrendering Perfect and Discovering Beauty amid the Rubble. Tell us more about the significance of these two sections.
6. Body image is an area where many women struggle with perfection. How can women of all ages begin to accept their own bodies?
7. How can letting go of perfection and embracing the ordinary be an act of self-love?
8. How can we begin to see beauty in the ordinary life around us?
9. Amid our imperfect, messy, ordinary lives, Jesus is perfect. How can believers seek comfort in that?
10. The final chapter of your book is written to the younger person living inside of you. Why did you include that in the book? How can remembering this idea help us in our everyday lives?
11. What is the message you want readers to take away from your book?
12. Where can people connect with you and pick up their own copy of *Ordinary on Purpose*?

GUEST: Mikala Albertson, MD, family practice doctor, stay-at-home mom, author

BOOK: *Ordinary on Purpose: Surrendering Perfect and Discovering Beauty amid the Rubble* (Available March 2022, Bethany House)