

BOOK ANNOUNCEMENT

Move from Running-on-Empty to Spent-and-Content

Exhale

Lose Who You're Not, Love Who You Are, Live Your One Life Well

by Amy Carroll and Cheri Gregory

Exhale is for the woman suffocating under the pressure of being all things to all people; of filling every unfilled spot at church, work, and home; of trying to do it all right, make decisions that benefit everyone else, and keep everyone happy.

Rather than adding more to your to-do list, Amy Carroll and Cheri Gregory show you how to

- **lose** the ill-fitting roles you've been trying to fill so that you can be lighter and freer,
- **love** your truest, God-created self with all your glorious gifts instead of trying to shove yourself into a mold, and
- **live** your one and only life in a way that you know truly matters.

This isn't a time-management book filled with how-to lists and calendar tools. Instead, it walks you through a process that releases you from the things that have created unbearable pressure. Then you'll be able to live the combination we all long for: fulfilling the desires of your heart, loving your people well, and bringing glory to God.

Live the life you were created for.

“Freedom. That is what I am beginning to grasp. Through the reading of *Exhale*, I found myself sensing new freedom in my life as I began to put into practice the principles Amy and Cheri lay out so clearly. I'm taking new steps toward losing who I'm not, loving who I am, and living my one life well thanks to this book! I'm so grateful for it!”

—Lynn Cowell, Proverbs 31 speaker; author, Make Your Move: Finding Unshakable Confidence Despite Your Fears and Failures

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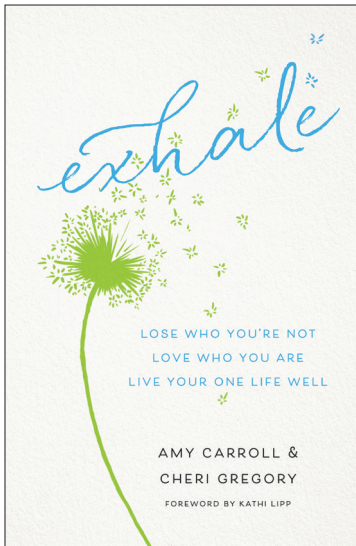
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Amy Carroll is a speaker and writer for Proverbs 31 Ministries, the author of *Breaking Up with Perfect*, and a cohost for the podcast *Grit 'n' Grace*. Amy and her husband live in Holly Springs, North Carolina. Find out more at amycarroll.org.



Cheri Gregory is a frequent speaker and the coauthor, with Kathi Lipp, of *You Don't Have to Try So Hard* and *Overwhelmed*. She's also a contributor to the *(in)courage Devotional Bible*. She lives with her family on the central California coast. Learn more at cherigregory.com.

Available at your local bookstore, bethanyhouse.com or by calling 1-800-877-2665.



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“Exhale feels like a good friend who just walked through the door and invited you to rest. That friend knows how tired you are, how exhausted you are from trying to be all, do all. I love how gentle and funny and wise this book is, and I highly recommend it to any woman needing a deep, refreshing breath of clarity.”
—Suzanne Eller, international speaker; bestselling author; cohost, More Than Small Talk podcast