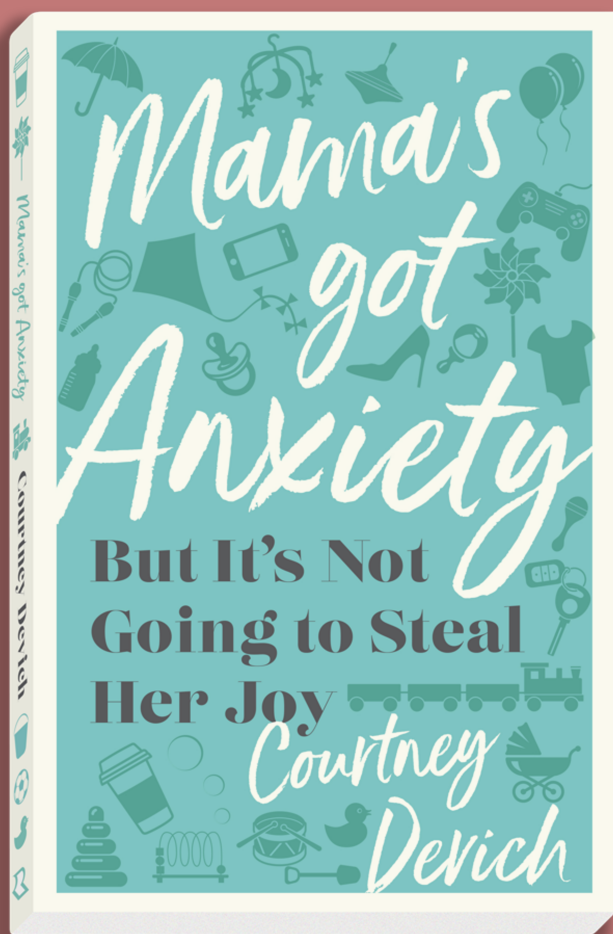


# About the Book



*Mama's Got Anxiety:  
But It's Not Going to Steal Her Joy*  
By Courtney Devich

Publisher: Revell,  
a division of Baker Publishing Group

ISBN: 978-0-8007-4279-9  
\$17.99; 192pp  
Ebook ISBN: 978-1-4934-4346-8  
Release date: September 5

## Taking Back the Anxious Moments of Motherhood

**All moms worry, right?** But for moms who experience anxiety, worry quickly elevates into debilitating overwhelm, fear, and doubt.

In her first book, *Mama's Got Anxiety: But It's Not Going to Steal Her Joy* (Revell, September 5, 2023), popular blogger **Courtney Devich** helps moms recognize their anxious feelings, control their responses, and experience the joy of raising children. Courtney's voice reminds mothers to look toward Jesus, knowing that He is the source of all strength.

Courtney is a fellow mom who has faced anxiety for her entire life. In *Mama's Got Anxiety*, she vulnerably addresses and equips moms to handle the all-too-common feelings, symptoms, and lies surrounding anxiety:

- Motherhood has made your anxiety worse
- The fear of something bad happening to your kids
- Having a mental illness means your faith is weak
- No one understands what your anxiety is like
- Accepting medication or counseling means you are weak

"This book is so needed for mamas in our world right now! Courtney reminds us of an important truth: anxiety's voice and God's voice are not the same...She encourages us to drop shame and pick up His mercy and grace as practical strategies are implemented into a new way of thinking and living."  
**Caris Snider**, bestselling author, speaker, podcaster, and certified professional life coach

Anxiety does not mean that moms can't experience joy in their parenting! Courtney encourages moms to lean on God, knowing that "He's going to support you and take care of you if you feel like you're slipping into the depths of your anxiety."

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## About the Author

**COURTNEY DEVICH** is a mama relying on Jesus and reheated coffee every day. Using humor, honesty, and relatability, she writes with a heart for the mom struggling with anxiety or depression. Her writing has appeared in *Her View From Home*, *Today Parents*, and *For Every Mom*, among others. Courtney is a former human resources professional, using her leadership skills to manage kids as a stay-at-home mom. You can find her in the Starbucks line at her local Target, binge-watching TV with her husband, or chasing after a kid (or two) at her home in Michigan.



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## Sample Interview Questions

- Tell us a little bit about your background and your heart for the message in this new book, *Mama's Got Anxiety*.
- You've mentioned in your book that you've always struggled with anxiety, but it really heightened when you had kids. What were you feeling as a new mom, and how did that impact your anxiety?
- Moms often tell their kids, "I'm your mom. It's my job to worry," and worrying is a very normal part of parenting. What happens when worry is amplified and becomes anxiety? Or in other words—for people who may not understand anxiety, what is it like to live with?
- How have you dealt with the stigma of medication, or even the stigma of mental health generally? What would you say to the mom who is worried that going to counseling or taking medication makes her a "bad Christian?"
- One of the lies that you address in the book is that people with anxiety just don't have enough faith. Can you unpack that for us?
- Facing panic attacks can feel insurmountable—especially in the moment. What are some Bible truths that moms can focus on when this happens?
- What is your prayer for the anxious mama who reads this book? What is one way that they actively pursue Christ and joyfulness while battling anxiety?
- Where can our audience go to connect with you and purchase a copy of your book, *Mama's Got Anxiety*.

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