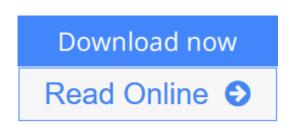


Girl Meets Change: Truths to Carry You through Life's Transitions

By Kristen Strong



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Whether chosen and celebrated--like going off to college or welcoming your first baby--or unexpected and anxiety-inducing--like losing a job or grappling with a broken trust--all change brings stress. Kristen Strong knows about change-especially the kind you didn't choose or expect. What she's fought hard to learn over the years is that change is not something to be feared but something to be received as a blessing from a God who, more often than not, works through change, not in spite of it. Strong has learned to see change not as a grievance but as a grace.

In this hope-filled book, she shows women how when we follow God's will, we receive blessings of contentment, purpose, and renewed strength. She encourages women to see change not as the end of their story but as the scenery for this part of life's journey. And she offers practical advice for coping with change in every part of life. Anyone who has struggled to adjust to life's transitions will welcome this warm and personal perspective.

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Editorial Review

From the Back Cover

"Change is inevitable, but thriving through it is optional. . . . Every woman needs this inspiring and insightful message."--**Holley Gerth**, *Wall Street Journal* bestselling author

Whether chosen or unexpected, all change brings stress. Kristen Strong knows about change--especially the kind you didn't choose. Over the years, she's fought hard to learn an important truth: change is not something to be feared but something to be received as a blessing from a God who works *through* it, not in spite of it.

In this hope-filled book, Kristen invites you to see all the ways you are loved and cared for in the midst of change. She walks alongside you as a friend, gently ushering you toward a new view of change, one that meets you at the crossroads of your own sense of anxiety and God's sense of purpose. With practical advice for coping in every part of life, she draws from her own experiences, the stories of others, and stories from Scripture to help you find contentment, purpose, and renewed strength.

"Kristen doesn't minimize the pain, fear, or worry that comes with change. Like the dear friend that she is, she simply sits in the midst of it with you until you are ready to see the good that God had always planned for you. This book is a tender companion."--Lisa-Jo Baker, author of *Surprised by Motherhood* and community manager for (in)courage

Kristen Strong is a popular blogger at *Chasing Blue Skies* (chasingblueskies.net) and DaySpring's (in)courage. Her work has appeared in *MOMSense* and *Family Fun* magazines. She and her husband, David, have three children. Together this military family has zigzagged across the country (and one ocean) several times. They currently live in Colorado Springs, Colorado.

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Users Review

From reader reviews:

Julie Flanagan:

This Girl Meets Change: Truths to Carry You through Life's Transitions book is simply not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is usually information inside this publication incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This particular Girl Meets Change: Truths to Carry You through Life's Transitions without we recognize teach the one who reading through it become critical in

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Duncan Houghton:

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