



Unstuck: Letting Go of the Myths Keeping You from Who You Were Created to Be

Kim Anderson

Morgan James Publishing (Jan 14, 2020)

Softcover \$16.99 (216pp)

978-1-64279-499-1

Kim Anderson's *Unstuck* is an empowering women's guide to becoming who you were created to be.

Many modern women feel frustrated, but Anderson believes that God designed them for something more. Her book explores its way toward suggestions for leading full, fulfilling lives. It unpacks sixteen myths that hold women back, including "Busyness Helps Me Reach My Goals" and "Holding a Grudge Protects Me," and covers a wide range of hot topics, including perfectionism, envy, and boundaries, and the evergreen realities of marriage and parenting.

While much of the content is easy to assent to without changing one's beliefs or actions, pithy insights cut through the noise, build deeper understanding, and spur action; here, "disappointment equals our expectations divided by reality." The text distills therapeutic wisdom in a relatable, actionable way.

Christian in perspective, the book emphasizes that frustration and held-back lives are not what God made people for. It upholds the goodness of God and the goodness that people are capable of. From that belief, it emphasizes the power of personal choice and says that people have what they need right now to change their lives. It doesn't ignore complicating factors, but it refuses to let its audience be held back by them.

Conversational and quick, Anderson explains big ideas in concise and friendly terms. Her work is an encouraging exhortation that avoids talking down to people; it addresses the childishness of the myths it confronts with respect, calling women to stand up into their grownup selves. Anderson is a coach who believes the best and isn't content to let you wallow any more.

Unstuck is a self-help guide that starts Christian women on a path to a new life.

MELISSA WUSKE (January / February 2020)

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