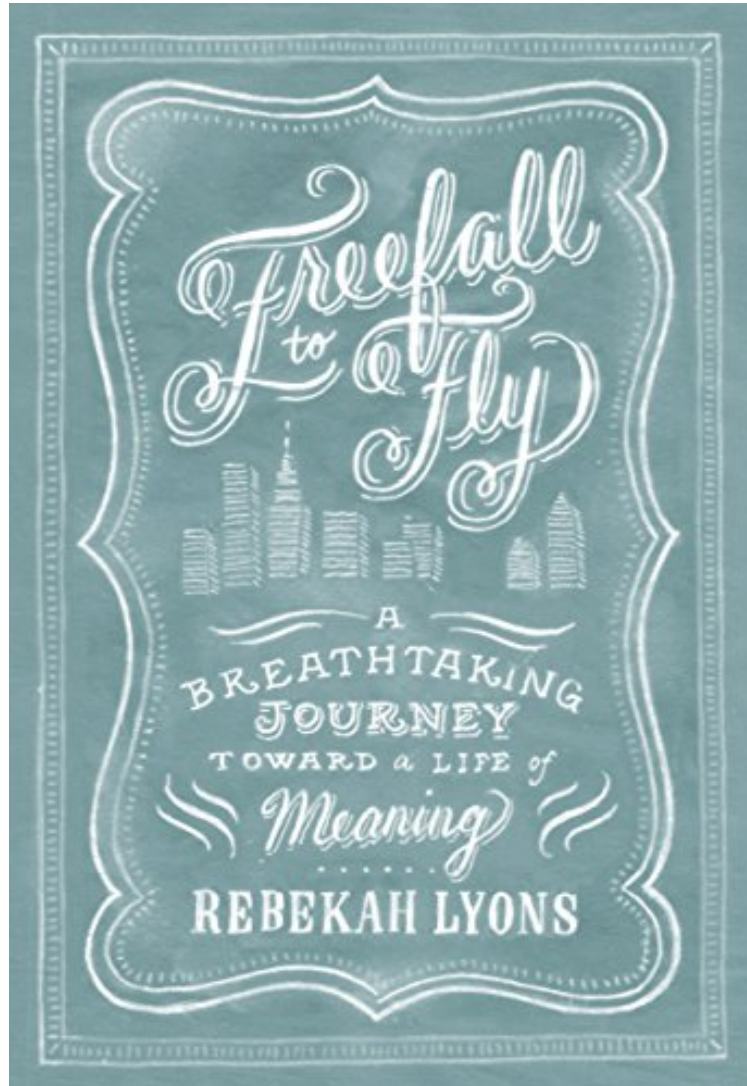


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Freefall to Fly: A Breathtaking Journey Toward a Life of Meaning (English Edition)

Von Rebekah Lyons

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Von Rebekah Lyons : Freefall to Fly: A Breathtaking Journey Toward a Life of Meaning (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Freefall to Fly: A Breathtaking Journey Toward a Life of Meaning (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Only 3 StarsVon KundeIn this non-fiction book, author Rebekah Lyons recounts her journey to find purpose and meaning as she moves her family of five from the South (USA) to discover a new life in New York City. Along the way, we are

introduced to chronic panic attacks that plague her existence, to a son who is born with Down Syndrome, to the pressures of being the perfect mother and a suffocating desire to "have it all". Reaching the point of despair over and over, Rebekah capitulates and chooses to walk straight towards her fears, and into the unknown. This surrender, that which she calls "the freefall", enables her to fly and find purpose and meaning. Hence the title.

Kurzbeschreibung Women today are fading. In a female culture built on Photoshopped perfection and Pinterest fantasies, we've lost the ability to dream our own big dreams. So busy trying to do it all and have it all, we've missed the life we were really designed for. And we are paying the price. The rise of loneliness, depression, and anxiety among the female population in Western cultures is at an all-time high. Overall, women are two and a half times more likely to take antidepressants than men. What is it about our culture, the expectations, and our way of life that is breaking women down in unprecedented ways? In this vulnerable memoir of transformation, Rebekah Lyons shares her journey from Atlanta, Georgia, to the heart of Manhattan, where she found herself blindsided by crippling depression and anxiety. Overwhelmed by the pressure to be domestically efficient, professionally astute, and physically attractive, Rebekah finally realized that freedom can come only by facing our greatest fears and fully surrendering to God's call on our lives. This book is an invitation for all women to take that first step toward freedom. For it is only when we free-fall that we can truly fly.

Pressestimmen The author narrates triumphs and troubles, freckled with Bible quotes, as she reaches for self-understanding. She opens with a dramatic move from an Atlanta suburb to manic Manhattan, symbolized by her elder son's meltdown smack in the middle of Park Avenue. Anecdotes disclose her panic attacks, her lifelong connection to words, and her salvific Tuesday-morning meetings with women who insist that she tell the truth about her worst fears.

--Publishers Weekly

Kurzbeschreibung Women today are fading. In a female culture built on Photoshopped perfection and Pinterest fantasies, we've lost the ability to dream our own big dreams. So busy trying to do it all and have it all, we've missed the life we were really designed for. And we are paying the price. The rise of loneliness, depression, and anxiety among the female population in Western cultures is at an all-time high. Overall, women are two and a half times more likely to take antidepressants than men. What is it about our culture, the expectations, and our way of life that is breaking women down in unprecedented ways? In this vulnerable memoir of transformation, Rebekah Lyons shares her journey from Atlanta, Georgia, to the heart of Manhattan, where she found herself blindsided by crippling depression and anxiety. Overwhelmed by the pressure to be domestically efficient, professionally astute, and physically attractive, Rebekah finally realized that freedom can come only by facing our greatest fears and fully surrendering to God's call on our lives. This book is an invitation for all women to take that first step toward freedom. For it is only when we free-fall that we can truly fly.