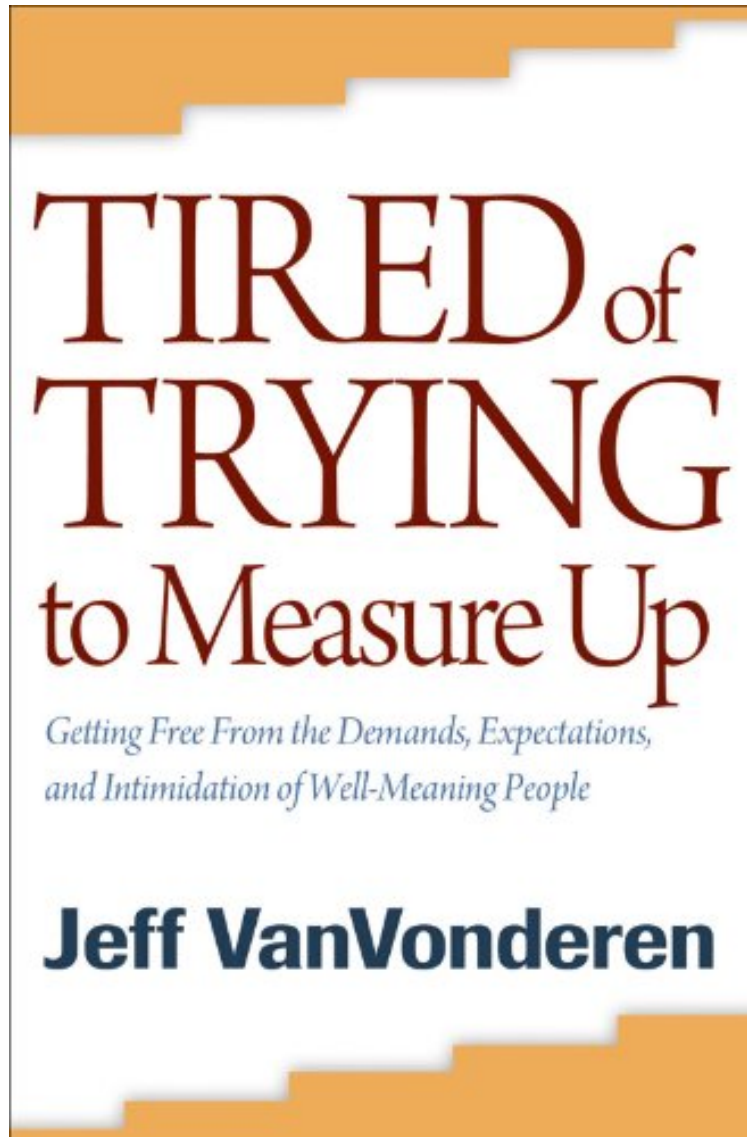


(Pdf free) Tired of Trying to Measure Up: Getting Free from the Demands, Expectations, and Intimidation of Well-Meaning People

## **Tired of Trying to Measure Up: Getting Free from the Demands, Expectations, and Intimidation of Well-Meaning People**

*Von Jeff VanVonderen*

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**Von Jeff VanVonderen : Tired of Trying to Measure Up: Getting Free from the Demands, Expectations, and Intimidation of Well-Meaning People** before purchasing it in order to gage whether or not it would be worth my time, and all praised Tired of Trying to Measure Up: Getting Free from the Demands, Expectations, and Intimidation of Well-Meaning People:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.  
Discovering God's Love and GraceVon M. WhiteThis book will help to set you free from legalism and the shame of rejection by other people. Jeff Vanvondren clearly explains the reason for shame, using examples from his own life experience. I highly recommend this book. It should be read by anyone struggling with religion, God, rejection, shame, or any kind of dysfunctional background. It is especially helpful to those who have been mistreated in a church or religious setting. This book is timely, relevant, and offers practical solutions. Due to the nature of the subject matter, this book is not light reading. Instead, it is worthwhile, thought provoking, and will prove to offer lasting help to those who read it. More than mere inspiration, and even more than compassionate encouragement, this book is truly life-changing.0 von 0 Kunden fanden die folgende Rezension hilfreich. This book offers a way out for those trapped in legalismVon Ein KundeJeff explains his concept of "a shame based society" as one in which "performance" is the key to acceptance. The problem with shame based societies (whether they be at home, work or church) is that they lead to legalism. Jesus came to do away with legalism....the free gift of grace. Jeff then explains three cycles we all need to understand: 1. The TRY HARD cycle where by sheer will we try to measure up. 2. The GIVE UP cycle where (after trying hard) we give up due to absolute failure 3. The RELAX cycle....let Jesus do the work in you.This is an excellent book!0 von 0 Kunden fanden die folgende Rezension hilfreich. Deals Powerfully With ShameVon Ein KundeThis book deals powerfully with the shame and pain that can be experienced in, and caused by, relationships. It helps the reader to see when s/he is not the source or cause of shame (feeling inadequate and defective), and provides insight as to why many shaming messages are unfounded. This, therefore, eliminated the pain caused by shame. I had to read this book cover to cover twice over to get as much as I did out of it, and originally thought it a five star book. Not, I would honestly give it 20 stars out of 5. VERY helpful.

KurzbeschreibungProvides a path to freedom for those weighed down by shame, showing the way to acceptance in Christ based on the gospel of grace.KurzbeschreibungProvides a path to freedom for those weighed down by shame, showing the way to acceptance in Christ based on the gospel of grace.BuchrückseiteAre you always trying hard, but feel like it's never good enough? Tired of Trying to Measure Up is written for Christians who live under a deeply ingrained code of expectations and rules that shame them and drain them of spiritual strength.Do you wonder: \* Why do I feel so guilty?\* Why is it so hard to rest, even when I know I need to?\* Why does my religious activity leave me unfulfilled?\* Where's the "abundant life" God promised? If these questions sound familiar, this book is for you. It won't teach you how to change your behavior or try harder. If trying hard was the key to the victorious Christian life, you'd probably be in the hall of fame by now, don't you think? This is a message to help you unmask the lies that keep you on the works treadmill and to help you discover the liberation of the gospel of grace in Jesus Christ and the rest that comes through the cross. When there's more emphasis on doing right than knowing God and His grace, this book points the way to freedom.