

News

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Author Offers Solution to Women's Struggle with Self-Image

Enumclaw, WA—Many times experiences such as betrayal, rejection, and fear leave painful scars that impact how women view themselves and interact with one another. If left unaddressed, these experiences have a way of breeding insecurities and a poor self-concept that prevents them from recognizing and living in their God-given identity.

For years, Dana struggled with her own insecurities borne out of a poor self-concept. Then she realized that she was looking at the issue from the wrong perspective. "Life's negative circumstances often leave marks that affect how women treat themselves and others," she says. "We women have allowed so many things in this world to define us, including our careers, spouses, money, status, and appearance. However, those things don't define us; God does."

In her 30-day devotional, *Divinely Defined*, Frelix offers poignant devotionals, challenging exercises, and prayers designed to help women learn they were created for a purpose, and possess gifts and talents within. She also includes Scripture-based affirmations that readers can recite in order to cement a new understanding of their real worth. It is her goal that readers come away with a true picture of exactly who they are in Christ.

Dana Frelix has written a Bible study for teen girls, and she is the author of A Woman's Worth blog. She is active in the Los Angeles chapter of Mocha Moms, Inc., a nonprofit organization that supports mothers. She has a B.A. degree in English from UCLA, and she earned her MBA at the University of Redlands. She is married to Alan Frelix, a financial services executive. They live in Los Angeles, California, with their two young children.

For more information, to request a review copy, or to schedule an interview, please contact Josiah Williams by phone at 360-802-9758, by email at josiah@winepresspublishing.com, or by fax at 360-802-9992. To purchase a copy of this book visit www.winepressbooks.com or call 877-421-7323.

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