



LEEANA
TANKERSLEY

breathing room

*letting go
so you can
fully live*



Breathing Room Letting Go So You Can Fully Live

CH Cherryholmes



Breathing Room Letting Go So You Can Fully Live:

Breathing Room Leeana Tankersley, 2014-09-30 Leeana Tankersley like so many of us began to feel overwhelmed by life And like so many of us she assumed she was struggling not because life is inherently difficult but because she was personally failing in some way She knows firsthand what it is to bully yourself to put yourself down for not being able to keep it all together to compare yourself to others and find yourself lacking But she s also discovered that all of the hurt and hostility and pain only add up to a life of holding your breath What if we could exhale and let go *Breathing Room* is her beautiful release of self condemnation her discovery of the rest that comes when we give ourselves some space to breathe She draws readers in through shared experiences of perfectionism jealousy and striving and shows them how to let go how to be radically on their own team and how to experience the broad grace that Christ has offered all of us Anyone who has been trying to do it all who has been putting on a strong front and yet secretly struggling will find in *Breathing Room* both a trusted friend and a generous Savior

The Beauty of Grace Dawn Camp, 2015-01-27 Encouraging and Heartfelt Stories of Grace Connect Women s Hearts with God Now in Paper In this hectic life it s easy to forget that God is always near even though he sends us frequent reminders The beauty amid the mess a well timed word of encouragement from a friend the memories that won t let go of our hearts they re all ways God extends us grace But if we re not paying attention we can miss them With heartfelt stories from some of today s foremost writers *The Beauty of Grace* is a haven of calm contemplation amid the chaos These inspiring stories helps readers appreciate the benefits of cultivating friendship waiting on God choosing joy staying connected learning to trust and much more Contributors include Jessica Turner Lisa Jo Baker Holley Gerth Ann Voskamp Bonnie Gray Tsh Oxenreider Leeana Tankersley Emily Freeman Margaret Feinberg and many others **365**

Devotions for a Thankful Heart Zondervan, 2018-08-21 No matter how difficult life seems you will find more joy when you choose gratitude Boost your happiness and deepen your walk with God by becoming aware of all you have to appreciate 365 *Devotions for a Thankful Heart* is a daily devotional that will inspire you to slow down recognize God s gifts and be grateful for all His blessings This yearlong devotional includes a short daily reading encouraging you to open your heart with gratitude to all the ways God has blessed you an inspiring Scripture and a short prayer to help focus your heart on thankfulness as you go about your day With a foiled cover and beautiful interiors this devotional is a perfect gift for women of all ages on birthdays Valentine s Day Mother s Day Christmas or as a welcoming gift for new church members Each devotion is the perfect length to fit into even the busiest schedule but substantial enough to start your day on just the right note

The Peacemaker Elisabeth Bennett, 2020-09-15 *The Peacemaker* Growing as an Enneagram 9 is designed to help Nines better understand how God created them and how best to use their unique gifts to serve Him and love others This sixty day devotional features a full explanation of what the Enneagram is and how it benefits people followed by a description of what it means to be a Nine including their deadly sin sloth and their greatest strength gut instinct Empathetic and easygoing

Nines are motivated by peace or inner stability and often go with the flow to keep the peace The sixty days are split into six 10 day topics that include uniqueness weakness strength pain points and where Nines go in times of stress and growth *The Guardian* Elisabeth Bennett,2021-03-16 The Enneagram is an ancient personality typology using nine points within a circle to represent nine distinct personality types This sixty day devotional is for the Guardian number 6 of the Enneagram personality types This book will help Guardians and those who love them better understand how God created them and how best to use their unique gifts to serve Him and love others It features a full explanation of what the Enneagram is and how it benefits people followed by a full description of what it means to be a 6 including the Guardian s deadly sin and their greatest strength Some attributes of the Guardian Motivation Security physical safety having a supportive community and maintaining the status quo Biggest Fear Sixes fear being without support or guidance This they fear might lead to them making horrible life altering decisions and choices Head Triad Sixes along with Fives and Sevens receive all information as something that needs to be thought over and analyzed before they can trust their feelings or gut to process it This is the most pronounced in Sixes as they take information in as something to analyze and then analyze their own conclusion The sixty days of this devotional are split into six 10 day topics that include uniqueness weakness strength pain points and how Guardians react in times of stress and growth

The Achiever Elisabeth Bennett,2021-10-26 The Enneagram is an ancient personality typology using nine points within a circle to represent nine distinct personality types This sixty day devotional is for Enneagram Three known as the Achiever This book will help Threes and those who love them better understand how God created them and how best to use their unique gifts to serve Him and love others It features an explanation of what the Enneagram is how it benefits people and a full description of what it means to be a Three including the Achiever s deadly sin and their greatest strength Some attributes of the Achiever Motivation Worth to be admired and praised for their achievements while adding genuine value to the world Biggest Fear Being worthless a failure or others finding their efforts lacking Heart Triad Along with Twos and Fours Threes are part of the Heart triad This means they first process information as feelings before moving on to thinking or doing Actions from others tend to feel very personal as information is first processed as feeling before it can be thought through logically The sixty days of this devotional are split into six ten day topics that include uniqueness weakness strength pain points and how Achievers react in times of stress and growth

Brazen Leeana Tankersley,2016-03-29 There are so many moments in life when we choose to silence our intuition abandon our own voice and play small because we wonder deep down Do I know who I really am Is who I really am enough It s courageous work to learn to live from our essential identity loved worthy whole But what if God is calling us to shamelessly recover the woman he created us to be What if God is urging us to be for the first time in our lives brazen The word brazen means without shame Leeana Tankersley wants women to be just that to unapologetically move from shame and fear based living toward lives that are based on love and belonging With moving personal stories and spot on observations of the

longings we all experience to know we are loved to feel comfortable in our own skin to be heard Tankersley calls women to honor that voice deep down inside of them rather than bowing to outside influences that push them to become someone they're not Gritty and overflowing with grace Brazen will set women free to be truly themselves in a world bent on molding them in its image

Fully Human Susan Packard, 2019 HGTV cofounder Susan Packard launches the next chapter in emotional intelligence EQ and shows you how to increase your personal satisfaction and productivity in work and life via her three step path toward EQ Fitness Emotions can sink us or they can power us like fuel to succeed Many of us show up for work and life feeling lonely even in a room full of people or bringing unproductive emotions into work like anger or fear You don't have to feel this way Susan Packard offers an accessible new guidebook to grow your emotional fitness and it's arrived just in time as technology is quickly becoming our main interface for communication No matter where you are in your career success is an inside job Packard lays out how to develop interdependent work relationships and for leaders how to build healthy company cultures Packard introduces us to successful people and companies that are rich with connector emotions like hope empathy and trust building She tackles unconventional topics like how workaholicism keeps us emotionally adolescent and how forgiveness belongs in the workplace too Packard shares her EQ Fit catalyzed success at HGTV and the stories of the executives she coaches in mindfulness and other emerging techniques and she teaches an inside out practice of self discovery which helps you uncover unproductive emotions and dispel them The best leaders balance power and grace and everyone can effectively use resilience an ability to endure tough situations and make tough decisions and vulnerability a willingness to open up change and admit when we need help She offers new tools to bring our strongest emotional selves to work each day

Budgeting Made Stupid Simple Connor J. Matthews, 2025-10-19 Your Simple Path to Financial Peace Starts Here Ever feel like your paycheck disappears before you even know it's gone You're not alone The stress of living paycheck to paycheck can be overwhelming leaving you anxious about the future and stuck in a cycle that seems impossible to break This book cuts through the confusion and offers an easy to follow system designed for real people facing real financial challenges Forget complicated budgets and endless tracking spreadsheets Instead discover a refreshing approach centered around just four purposeful accounts that cover your essentials savings debt payoff and even fun because budgeting shouldn't feel like punishment You'll find yourself ditching restrictive rules and embracing financial freedom one manageable step at a time Inside you'll learn how to set clear and motivating financial goals automate your money flow and handle unexpected expenses without panic Practical tips cover everything from trimming your grocery bills to negotiating rent tackling high interest debt and building a safety net Plus the book offers smart strategies to boost your income without overwhelming your life and even how to get your household working as a team toward shared success Whether you're just starting out or have struggled for years this straightforward guide offers the clarity and confidence to change your money story Using tools that actually work and advice you can start applying today it's time to stop worrying about money and start

living the life you deserve Get ready to embrace budgeting that s so simple it just works and watch your financial stress melt away **Guiding Yoga's Light** Nancy Gerstein,2008 Guiding Yoga s Light presents 74 easy to follow succinct lesson plans offering instruction in hatha yoga including asana pranayama the yamas and niyamas the chakras creating mindfulness and understanding emotions The text also includes three new teacher requested chapters Salutations in Motion Lessons of the Heart Center and Relaxation For convenient reference teachers and students can also refer to the vocabulary of Sanskrit pronunciations included in the glossary BOOK JACKET

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