

Girl Meets Change: Truths to Carry You through Life's Transitions

Kristen Strong

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Whether chosen and celebrated--like going off to college or welcoming your first baby--or unexpected and anxiety-inducing--like losing a job or grappling with a broken trust--all change brings stress. Kristen Strong knows about change--especially the kind you didn't choose or expect. What she's fought hard to learn over the years is that change is not something to be feared but something to be received as a blessing from a God who, more often than not, works through change, not in spite of it. Strong has learned to see change not as a grievance but as a grace.

In this hope-filled book, she shows women how when we follow God's will, we receive blessings of contentment, purpose, and renewed strength. She encourages women to see change not as the end of their story but as the scenery for this part of life's journey. And she offers practical advice for coping with change in every part of life. Anyone who has struggled to adjust to life's transitions will welcome this warm and personal perspective.



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