

For Immediate Release

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GOD WANTS WOMEN TO BE *FULLY ALIVE* **SUSIE LARSON INVITES READERS INTO WHOLENESS: MIND, BODY & SPIRIT**

Bloomington, MN — Susie Larson never planned to write a book on restoration, wholeness, and healing. She didn't buy into theology that shames sufferers for a lack of faith – yet she believed God could heal miraculously. So when debilitating health issues returned, Susie decided to *pursue wholeness while praying for a miracle*. The breakthroughs that followed showed Susie how deeply Jesus cares about the human condition. Her new book ***Fully Alive: Learning to Flourish – Mind, Body & Spirit*** (Bethany House, a division of Baker Books) invites women to begin their own journey toward wholeness—in all aspects of life.

“Something within us changes when we understand and live as though Jesus cares about how we feel. And he does care!” Susie explains in ***Fully Alive***. “He cares if our souls feel empty or are in distress. He cares if our bodies feel sick. He cares if our hearts ache or we are afraid. He is with us, and he offers to teach us.”

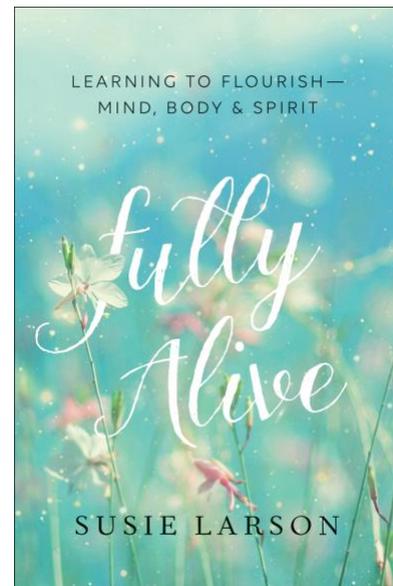
No subject is “off limits” for Susie Larson in ***Fully Alive*** because she has seen for herself the breadth of God's care and healing. Susie tackles:

- How our culture's devotion to “treating symptoms” sabotages true healing
- Why “what happens in our souls happens in our cells”
- How traumatic physical events impact spiritual and mental health
- Why we must adopt a zero-tolerance policy toward fear
- How the storms of life can reveal the lies we believe, the truth we need
- Valuing the integral role of rest in the healing process
- How to pursue wholeness even as you pray for a miracle
- How we delay healing by refusing to grieve our losses

Susie points to Jesus as the guide for a journey to wholeness (Matthew 11, NLT): “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for our souls.”

Fully Alive guides women through a 10-week journey toward a full and flourishing life. Susie shares stories from her own battles and breakthroughs with Lyme disease, childhood trauma, and fear. She offers wisdom from Christian experts in the fields of physical, mental and spiritual health. And Susie consistently points readers to the Father's love and care for his daughters.

Ideal for individual or small group study, each chapter in ***Fully Alive*** concludes with a guide to pursuing healing in a specific area. Readers are offered guided prayers, life reflection, scriptural study and even artistic reflection. Also available are a Kindle e-book edition of ***Fully Alive*** and a ***Fully Alive*** DVD featuring ten 30-minute teaching sessions with Susie Larson.





Susie Larson is a popular media voice, author, and national speaker. A veteran of the fitness field, she has twice been voted a top-ten finalist for the John C. Maxwell Transformational Leadership Award. Susie and her husband live near Minneapolis, Minnesota.

Bethany House is a division of Baker Books, which has a vision for building up the body of Christ through books that are relevant, intelligent, and engaging. We publish titles for lay Christians on topics such as discipleship, apologetics, spirituality, relationships, marriage, parenting, and the intersection of Christianity and culture. Learn more at www.BakerBooks.com.

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Fully Alive: Learning to Flourish – Mind, Body & Spirit

By Susie Larson

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BISAC category: Christian Living

Also available: *Fully Alive* teaching DVD featuring Susie Larson (ISBN: 9780764232459)
and Kindle e-book (AISN: B07D6XSMZP)

Review copies, reprint permission and interviews are available.

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