



For Immediate Release

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## **BEST-SELLING AUTHOR DEE BRESTIN PENS *IDOL LIES* BOOK HELPS WOMEN FACE THE TRUTH ABOUT DEEPEST DESIRES**

Nashville, TN — “My name is Dee Brestin, and I am an idolater.” Best-selling author and popular Bible teacher Dee Brestin doesn’t mince words in her latest book for women, ***Idol Lies: Facing the Truth About Our Deepest Desires*** (Worthy Publishing, September 11, 2012). Most Christians associate “idolatry” with dusty Old Testament stories and classic Charlton Heston movies; however, Dee Brestin believes that modern Christian women have erected idols such as control, materialism, sex, food and the approval of others to replace God.

In ***Idol Lies***, this veteran author explores the hidden idols that destroy a woman’s love for God and eventually will destroy her relationships. Brestin explains her definition of idolatry: “Any time our deepest desire is for something other than God because we think that will satisfy or rescue us, a dangerous ‘soul idol’ is forming. We may idolize the approval of people, our own comfort, or maintaining control. All of these things can become ‘idol lies’—things we value more than God.”

Using biblical examples and her own personal story to demonstrate idolatry’s subtle yet pervasive hold in the life of women, Brestin offers help for moving past our cravings and idols to discover fulfillment in Christ alone. Subjects in ***Idol Lies*** are both profound and life-changing, including:

- Why Only Some Will Be Set Free
- Idols Can Only Be Replaced, Not Removed
- Role of Sexual Metaphor in Idolatry
- Your Idol Will Never Rescue You
- Turning Gifts into Gods
- Why We Can’t *Just* Say No

Brestin is bold in confessing her own idols, and she asks every reader to join her in the journey to understanding and liberated faith: “Every believer needs to be set free, and it begins with getting past our denial, seeing what we really idolize, and admitting this to God and to others. We may think, for example, that our deepest desire is for God, but in reality we are running to food, friendship, or Facebook to fill up our souls. We may think that our identity is in Christ, but in reality it may be in the success of our ministry, mothering, or marriage. Just as the only hope an alcoholic has of being set free is seeing and confessing his real problem, so it is with us.”

Worthy Publishing is supporting the release of ***Idol Lies*** with a multifaceted marketing plan including a national PR campaign as well as radio and Facebook advertising. Worthy will promote ***Idol Lies*** with a 30-day Twitter excerpts campaign, free chapter viral share campaign as well as promotions to Pinterest, Goodreads, Shelfari, YouTube, Flickr and LinkedIn.

**Dee Brestin** is the author of *The Friendships of Women*, which has sold more than one million copies, and *Falling in Love with Jesus* (with Kathy Troccoli), which has sold more than 400,000 copies. She is also a Bible teacher, writer, and speaker with a blog and weekly Bible study that is one of the most active on the Internet. She has published more than 20 Bible studies. A

frequent guest on Moody Broadcasting and Focus on the Family radio, she also speaks annually to more than 25,000 women. Dee lives in Missouri and at her cottage is Wisconsin. ([www.deebrestin.com](http://www.deebrestin.com))

**Worthy Publishing**, a division of Worthy Media, Inc., is a privately held trade book publisher whose mission is *helping people experience the heart of God*. Worthy is an independent voice in Christian publishing, managing editorial, marketing, sales, and distribution from its offices in Brentwood, TN. Worthy focuses on a boutique list of new books each year, crossing a broad spectrum of genres, including fiction, current events, biography, biblical study, devotionals, leadership, specialized Bibles, as well as spiritual and personal growth. ([www.worthypublishing.com](http://www.worthypublishing.com))

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***Idol Lies: Facing the Truth About Our Deepest Desires***

By Dee Brestin

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