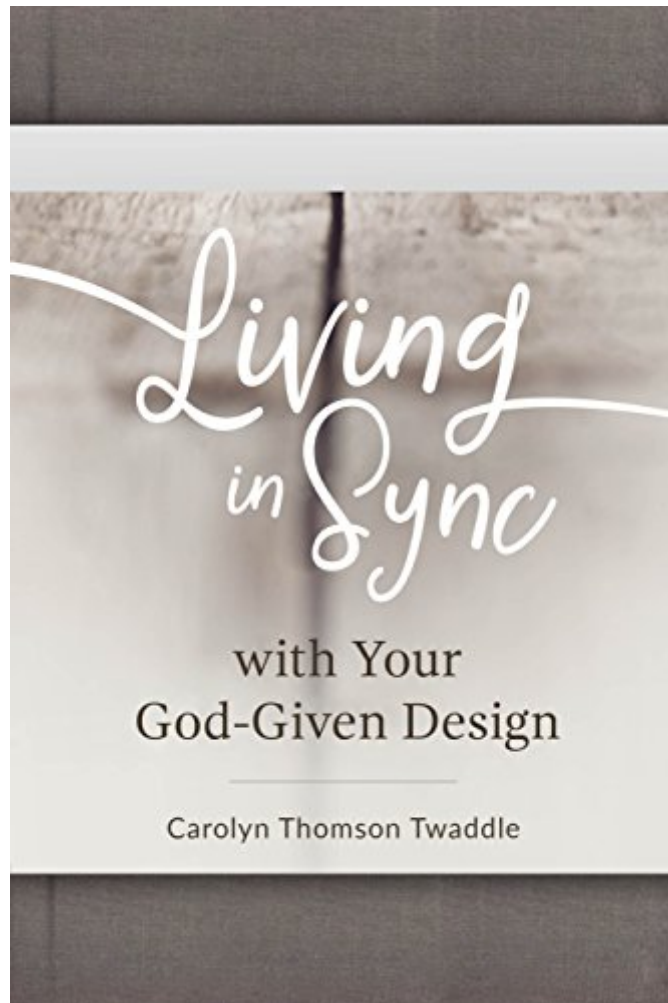




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# Living In Sync With Your God-Given Design



## Synopsis

Are you looking for a life-changing book that cuts through all the noise and gets to the heart of what matters most? One that will truly make a difference in your life? This book goes beyond the typical Band-Aid approach often found in self-help books to where the deeper answers lie. It offers fresh insights and practical help for addressing the personal issues we most often struggle with today. In this book, you'll: Find your faith renewed as your doubts fade Uncover ways you've unknowingly been sabotaging your own life Be encouraged as you discover simple and easy things you can start doing that'll make all the difference Master the art of making choices that are life-giving rather than life-depleting Better understand how to slow down, calm the chaos, take a breath, and enjoy the moment Learn how to say goodbye to feeling overwhelmed with life, and begin to live life as it was truly designed to be lived Follow the advice in this book, and before you know it, you'll be experiencing more joy and peace than you have in a long time.

## Book Information

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## Customer Reviews

I enjoyed this book and the free gift at the end. It was easy to read and understand. Thank you

With broad strokes author Carolyn Twaddle paints a vivid picture of the kind of life God intends for each of us. Touching on an array of well-researched topics, the author lays out side by side the cultural stresses that impact our lives as compared to God's original design. Each topic is supported with evidence based in physiology, psychology and biblical truth. As disparate as these things appear, the author gives us a strategy for connecting us to our full potential. Her encouraging voice coupled with her "Call to Action" segment at the end of each chapter puts useful tools right into our hands for success. Living in Sync with Your God-Given Design is filled with knowledge, wisdom, practical application and faith. An inspiring read for those seeking a life well lived just as it was originally designed. Living in Sync with Your God-Given Design

This is an excellent book!! If you have been living a life where sadness and chaos seem to be more prevalent than happiness and peace then this is a book for you. There is a lot of research that has gone into the writing, especially in the first few chapters. If you are not a research kind of person don't let this sway you from purchasing... the first few chapters are the base (identifying God's design for us) for the following chapters. I especially liked the chapter on "What We Think". I have personally lived this... going from a life filled with negativity to finding the positive in the different chapters of my life. Allow the wisdom in this book to change your life!!

I found Carolyn's book to be powerful in its simplicity and thoroughly enjoyable as well as thought provoking. Written in a very clear and easy to read style, Carolyn took me on a journey of how God wants us to live in balance and as He intended us to live. Each chapter examines a different facet of living in God's intended way and concludes with a "Call to Action" section for reflection and accomplishment. I would recommend this book to anyone seeking a clear and straightforward path to wellness and wholeness hand-in-hand with the God of creation.

If you are seeking balance in your life, Carolyn Thomson Twaddle's, "Living In Sync with Your God-Given Design" is a perfect read. The author takes you on a journey that entwines the basics of life while coaching you through an internal transformation. This results in inspiring the reader to have hope and a new vision of life all while discovering a new self-awareness that so often eludes us.

During the face of adversity we often feel that God is not near. That He has somehow forgotten us, or better yet, we've forgotten Him. It's easy to lose sight of His face and His glory when the world is throwing us around and pushing our buttons, some buttons we didn't even know we had, but Ms. Twaddle gently, and with foundational research, shows us that God has not left us and surely wants what is best for us. He has created a life specific to the person he made us to be. If you have gone through life's trials (and who hasn't) and wondered how to pick yourself back up and keep moving, then this book is for you. You will feel refreshed and ready to face the world knowing God has a plan that will outshine anything you could have ever hoped for yourself.

A lot of work went into this book and all the information is thoroughly researched with ample resources provided at the end. I like the sincerity of the author and the biblical basis for her writing. Each chapter finishes with a call to action and if indeed you were to not just read this book, but actually follow the advice, your life will improve in many ways for sure.

I am greatly blessed reading this book. It reminded me that the constant stresses and struggles that I have within is the result of not living in sync with the truth. The truth is peace, joy and meaning can only be found when we live according to the designs of our Maker. The author shared in this book the practical ways on how we can live out our God-given designs. It is a book that I will refer back to always when I struggle with discontentment, worries and fear.

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