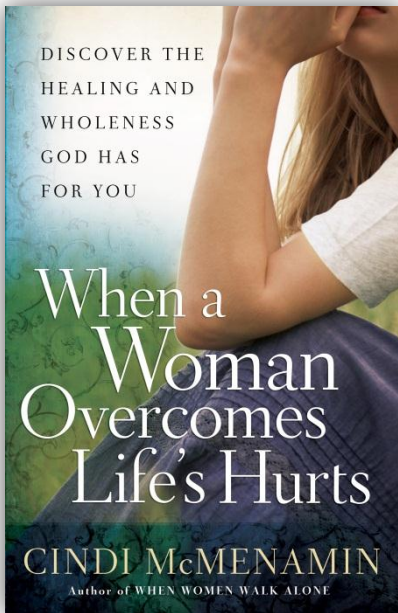


THE ONE SOLUTION YOU *HAVEN'T* TRIED



America is desperately trying alternative tactics to help people overcome the current obesity epidemic. Recently, New York City Mayor Michael Bloomberg made a bold and controversial move proposing to ban supersized sodas and sugary drinks. Now, according to the *New York Times*, apartment buildings in the Bronx are slowing down their elevators and hanging artwork in the stairwells in order to entice occupants into daily exercise. The variety of methods to combat this problem seems endless.

Just as America's leaders now resort to any number of tactics to curb obesity, many women today try endless and even extreme strategies to overcome widespread emotional hurts. How many women do we know who have tried every imaginable way to defeat the unresolved issues in their past? They try counseling, therapy, acupuncture, and/or hypnosis, with little or no effect. Bestselling author Cindi McMEnamin says most people are overlooking the one answer that truly works...God.

In her new book, *When a Woman Overcomes Life's Hurts*, Cindi helps women:

- Understand how their pain has led to their purpose
- Move from self-pity to a place of service and passion
- Experience joy and fulfillment through improved relationships

Cindi's new book is filled with compassion, grace, and biblical insights. It offers "10 Steps to Healing and Wholeness," a self-assessment test, and practical exercises at the end of each chapter to help women incorporate each healing step into their lives. Cindi shares powerful examples of the ways God has changed broken lives and offers encouraging counsel.



"I am convinced our pain leads to our purpose.

We just need to trust the healing process God is waiting to take us through."

—Cindi McMEnamin

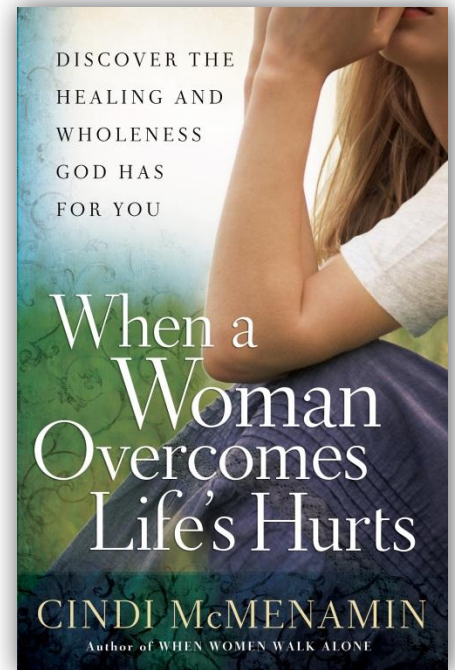
Cindi McMEnamin, an award-winning writer and national speaker, is the author of *When Women Walk Alone* (more than 100,000 copies sold) and *Women on the Edge*. As a pastor's wife, director of women's ministries, and Bible teacher, her passion is to bring women into deeper intimacy with God. Cindi lives in Southern California with her husband, Hugh, and daughter, Dana.



INTERVIEW QUESTIONS



- What led you to write a book on this subject?
- Does this book deal with some of your own personal pain?
- You mention in your book that you believe pain is more prevalent in a woman's life than in a man's. Why is that?
- What is your book's three-fold approach to the healing process?
- There are lots of books about healing. What makes your book different?
- How will a woman's personal relationships improve by reading your book?
- What are 3 practical ways to deal with wounds from your past?
- What is the benefit of investing in the lives of others?
- Through all your years of being in women's ministry, what would you say is the number one hurt most women are struggling to overcome?
- What encouragement can you give to the listener who is hurting right now?



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