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## **CELEBRATING WOMANHOOD: Living in the Full Potential of Your Divine Design**

(Denver, CO), **Susan Andringa** admits that there was a time when she underestimated her purpose in life and failed to understand her full potential as a Christian woman. She battled for her self-esteem in a world that tends to focus on unrealistic expectations instead of the worth that can be found in Jesus Christ. Now refocused and grounded, she has written a Bible study to help other women humbly find their fullness in Christ.



*The Esteemed Journey* (Group Publishing) includes a participant guidebook and DVD – based leader guide that takes women on a spiritual and emotional journey using Scriptures and reflective questions. Andringa compares this self-discovery adventure with a wilderness hike and “travels” with the readers through various trails that include “Illumination,” “Your True Internal Compass,” and “Women Warriors Versus Worry Warriors.”

Women are reminded they are a one-of-a-kind creation designed by God and celebrate what God created them to be. Andringa explains, “The world speaks so loudly ... it’s so noisy that it’s easy to find yourself being defined by that ... I want you to see what your esteem looks like when you take the journey with Christ versus how the world defines your esteem.” In *The Esteemed Journey*, women will be guided to:

1. Quit hiding in the dark and look for Jesus in the light
2. Pinpoint the roadblocks that keep them from moving forward with enthusiasm
3. Learn lessons from past mistakes and start over
4. Define a Bible-based internal compass for guidance
5. Acknowledge things that cause worry and fear and commit to trust God
6. Focus on the bigger picture of life as they journey with Christ

Andringa’s relational style on the videos and a straight-forward format make this study easy-to-use for groups or individuals. The Leader Kit contains a 16-page leader guide and 2 DVDs with segments for each of the six sessions. For those who want to dig deeper, “Trailblazer” questions are included to challenge individuals to further examine their past experiences and thoughts about the future.

Susan L. Andringa is a life and leadership coach, consultant, and engaging speaker with a heart especially for women. Susan has held senior leadership positions for Fortune 100/500 companies and her consulting work has ranged from working with non-profit and for profit organizations such as World Vision and Nike. She holds a Master of Arts in Counseling Psychology and an undergraduate degree in Communications. She and her husband Dirk live with Shelby the golden retriever in Stillwater, Minnesota. For more information regarding *The Esteemed Journey*, visit [www.esteemedjourney.com](http://www.esteemedjourney.com).

*The Esteemed Journey: Guidebook: Discovering Your Full Worth in Christ:*

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*The Esteemed Journey Leaderkit:* ISBN-10: 5557544879 Price: \$29.99

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**Suggested Questions for Susan Andringa:**

1. What were some of the lies you believed about your life before you started to see yourself through the eyes of Christ?
2. Why do you think women fall victim to these lies and unrealistic expectations?
3. Why do you think women have a hard time embracing the fullness of worth Christ offers them?
4. What kind of potential will a woman have if she is able to let go of the lies and embrace the truth?
5. What personal challenges did you face as you tried to pull your thoughts and experiences into a Bible study?
6. What would you like to say to the women who are afraid of the commitment involved in a Bible “study.”
7. What kind of encouragement have you received from women who have already completed *The Esteemed Journey*?
8. What other topics have you or would you like to write about for women?
9. What was your favorite part of your personal *Esteemed Journey*?