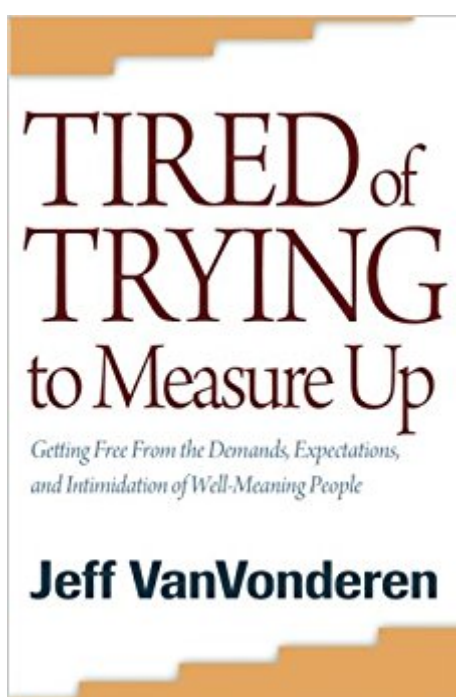


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# Tired Of Trying To Measure Up: Getting Free From The Demands, Expectations, And Intimidation Of Well-Meaning People



## Synopsis

Provides a path to freedom for those weighed down by shame, showing the way to acceptance in Christ based on the gospel of grace.

## Book Information

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## Customer Reviews

Are you always trying hard, but feel like it's never good enough? Tired of Trying to Measure Up is written for Christians who live under a deeply ingrained code of expectations and rules that shame them and drain them of spiritual strength. Do you wonder: \* Why do I feel so guilty? \* Why is it so hard to rest, even when I know I need to? \* Why does my religious activity leave me unfulfilled? \* Where's the "abundant life" God promised? If these questions sound familiar, this book is for you. It won't teach you how to change your behavior or try harder. If trying hard was the key to the victorious Christian life, you'd probably be in the hall of fame by now, don't you think? This is a message to help you unmask the lies that keep you on the works treadmill and to help you discover the liberation of the gospel of grace in Jesus Christ and the rest that comes through the cross. When there's more emphasis on doing right than knowing God and His grace, this book points the way to freedom.

Jeff VanVonderen is an internationally known speaker on addictions and church and family wellness. He has worked as a counselor in both residential and outpatient treatment settings, as well as in the religious community, taught at the college level, and i

Jeff explains his concept of "a shame based society" as one in which "performance" is the key to acceptance. The problem with shame based societies (whether they be at home, work or church) is that they lead to legalism. Jesus came to do away with legalism....the free gift of grace. Jeff then explains three cycles we all need to understand: 1. The TRY HARD cycle where by sheer will we try to measure up. 2. The GIVE UP cycle where (after trying hard) we give up due to absolute failure 3. The RELAX cycle....let Jesus do the work in you. This is an excellent book!

I happened upon this book during a difficult phase in my Christian walk. It helped me to recognize and accept that God's love for me was not based on condition and certainly not upon my performance in his church. I needed to discover this unconditional acceptance after coming out of a performance-based ministry. The book theme is challenging in its simplicity...acceptance based on love alone - a concept foreign to those of us used to working for it. The authors gave examples of people who were real to me, as many had lived similar experiences to my own. I appreciated hearing the stories of both their counselees and those from the authors themselves. This book was very helpful and a God-sent during my healing process.

This author hits the nail on the head with identifying the problem with being around dysfunctional, demanding people and offers convicting solutions of what to change in our responses to these situations. This is an OUTSTANDING book to keep for reference and read it again once in awhile for a refresher so you can see how much you've grown in this area of emotional maturity in relationships.

Excellent! Well written! Explains God's Love no matter what we've done! Explains reactions to former abuses and how to see past them! This is a good read for every single one of us! Jeff VanVonderen has a heart to see people free from past wounds and to walk out of shame!!!

This book was an answer to many many years of prayer. I literally stumbled upon it while searching on line for another book. From the very first page I was hooked. Every single paragraph described me and my situation to a tee. Tears of gratefulness welled up in my eyes throughout the reading of this book. No other book (except for the Bible) has helped and blessed me like this book. I can not thank the author and of course God enough. I highly recommend every person to read it, especially if you have had years of problems and can't explain why, and you can never get and keep the

victory.

Next to the Bible, won of the most important healing and changing books I have read.

After a lifetime of living with shame and guilt, I have finally understood that all those thoughts I have been believing have been coming from Satan, the great deceiver. They were not my thoughts. I now understand my family and friends and love them more now than I ever have. They have not changed at all, but I have been changed and freed from reading this book. If they say hurtful things to me, it doesn't bother me anymore, because I know who I am in Christ. He has placed a love for all people into my heart and spirit. I now have compassion flowing out of me when someone tries to hurt me. The book is in two parts. The first is on guilt and shame and condemnation. The second is how to be healed by God's Grace. I highly recommend it to everyone I know!

This book freed me from shame I didn't even know I had but that something with extended family dealing a just wasn't right. The Lord has done a 180 in my life and I'm forever grateful my counselor suggested this to me. I am so changed by the refreshing word of God thru VanVonderens clear scripture and view of God.

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