



BETHANYHOUSE

## STUFF I'D ONLY TELL GOD

*A Guided Journal of Courageous Honesty, Obsessive Truth-Telling, and Beautifully Ruthless Self-Discovery*

**Jennifer Dukes Lee**

**A Fun and Revealing Guided Journey to Know Yourself--and God--Better**

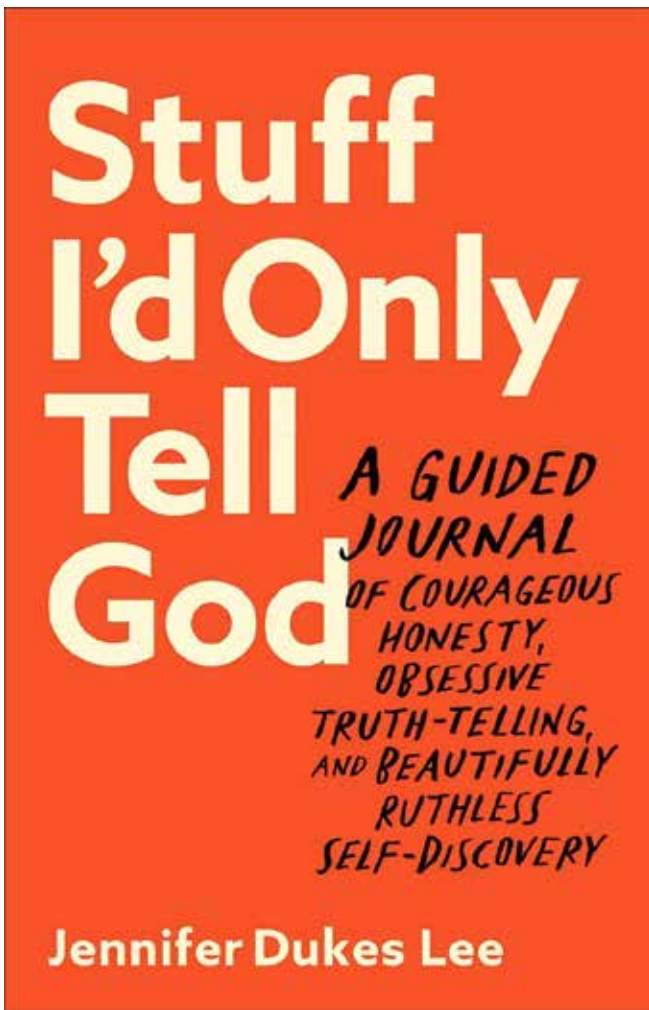
- Lee has sold over 120,000 copies and writes for (in) courage and Proverbs 31
- Author's social reach is 100,000, and she has 24,000 subscribers to her email newsletter
- Innovative journal full of fun surprises, and includes thought-provoking questions, graphs, maps, lists, and other creative exercises

Honesty, while vulnerable and scary, is a form of intimacy with yourself--and with God. It requires a special kind of courage, and ultimately, it holds a special kind of transformative power. And while vulnerability with God can be a humbling thing, it is also a deeply healing thing.

It all starts with telling yourself the truth.

Through daring questions, provocative prompts, and creative illustrations, this journal will become a personal place to share your deepest feelings, fears, hopes, and dreams. It's a place to record all the stuff you'd only tell God: ideas, beliefs, memories, wonderings, and preferences that might seem outlandish or outrageous to someone else--but they're the things and places and people that make you who you are. This journal will give you the space, the courage, and the help you need to discover the person God created you to be.

Are you ready to release your heart into the hands of the Father? Your *yes* might be the bravest *yes* you'll ever give.



MAY 2 • US \$17.99 • CAN \$22.49  
9780764241673

RELIGION / Christian Living /  
Devotional Journal  
SELF-HELP / Creativity  
RELIGION / Christian Living / Personal  
Growth

Paperback / softback  
8.000 in H | 5.000 in W

224 pages • Carton Quantity: 32

**Jennifer Dukes Lee** lives on the fifth-generation Lee family farm in Iowa, where she and her husband are raising crops, pigs, and two beautiful humans. Jennifer is the author of several books, including *Growing Slow* and *It's All Under Control*. She loves queso and enjoys singing too loudly to songs with great harmony. She wants to live her life in such a way that you can't help but want more of Jesus. Find out more at [jenniferdukeslee.com](http://jenniferdukeslee.com).

## THE BIBLE RECAP, PERSONAL SIZE

*A One-Year Guide to Reading and  
Understanding the Entire Bible*

**Tara-Leigh Cobble**

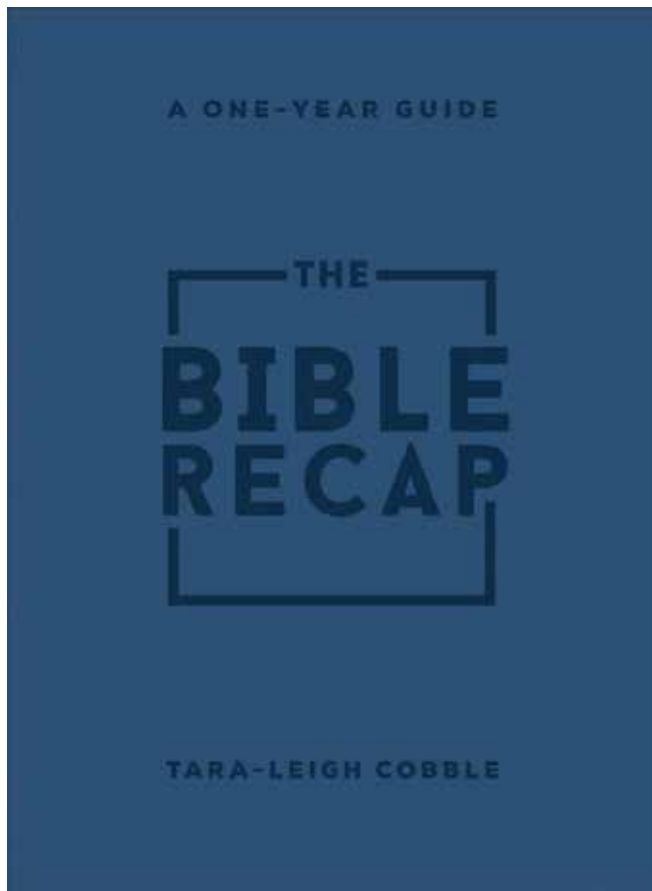
**Bestselling One-Year Bible Companion Now in Compact  
Travel Size**

- *The Bible Recap* has sold over 150,000 copies
- Author is the creator and host of *The Bible Recap* podcast, which attracts 190,000 daily listeners and has garnered over 160 million downloads
- Author's combined social media platform is over 200,000

Have you ever closed your Bible and thought, *What did I just read?* Whether you're brand-new to the Bible or you grew up in the second pew, reading Scripture can feel confusing or boring at times.

Thankfully, *The Bible Recap* is here to help. Following a chronological Bible reading plan, it explains and connects the story of Scripture, section by section. And this personal, travel-sized edition is easy to bring with you wherever you go--from the coffee shop down the street to an overseas adventure--so you don't miss a single day getting to know God's Word.

You don't have to go to seminary. You don't need a special Bible. Just start reading this book alongside your Bible and see what God has to say about Himself in the story He's telling. You'll soon learn that no matter where life finds you, He's where the joy is!



**MAY 30 • US \$34.99 • CAN \$43.99**  
**9780764241918**

RELIGION / Biblical Studies / General  
RELIGION / Biblical Reference /  
General

Leather / fine binding •  
7.500 in H | 5.500 in W  
768 pages • Carton Quantity: 12

**Tara-Leigh Cobble** is the creator and host of the daily *The Bible Recap* podcast, which has garnered over 160 million downloads. She is also the founder of D-Group, an international network of more than 300 discipleship and Bible study groups that meet each week, and the host of a daily radio feature called *The God Shot*. Tara-Leigh lives in Dallas, Texas. Learn more at [taraleighcobble.com](http://taraleighcobble.com).

JAMI NATO

this  
must  
be the  
place

FOLLOWING THE BREADCRUMBS OF YOUR  
PAST TO DISCOVER YOUR PURPOSE TODAY



JUNE 6 • US \$25.99 • CAN \$32.49

9780764241260

Hardback

9,000 in H | 6,000 in W

176 pages • Carton Quantity: 20

RELIGION / Christian Living /  
Women's Interests

RELIGION / Christian Living /  
Inspirational

RELIGION / Christian Living / Calling  
& Vocation

**Jami Nato** is a blogger, Instagram influencer, and serial entrepreneur. She gets to serve and educate 13,000+ customers and mentor thousands of leaders by running an essential oils business and a local coffee shop. She has four non-Catholic kids who attend Catholic school, one irritatingly athletic husband, two unkempt dogs, and a pet turtle she is constantly trying to bring "back to the pond." She juggles this circus in the best-kept secret of the Midwest where people genuinely do care about your aunt's hip surgery: Kansas City, Missouri. Find out more at [jaminato.com](http://jaminato.com).

Bethany House

JUNE 2023

## THIS MUST BE THE PLACE

*Following the Breadcrumbs of Your Past to  
Discover Your Purpose Today*

**Jami Nato**

**Humorous, Heartfelt, Gospel-Centered Personal Guidance  
from Social Media Influencer**

- Author's platform reaches 80,000 followers
- Perfect for readers of Jamie Ivey, Myquillyn Smith, Jess Connolly, Ruth Chou Simons, Annie F. Downs
- Interactive book that includes a self-reflective journaling component

When Jami Nato's marriage fell apart, so did her identity. Downgraded from "perfect Christian wife and mother" to "hot mess," she finally let go of what the world (and church) said she should be and let God reforge her into a thriving, joyful woman living on purpose.

With a healthy dose of humor amid heartache, Jami asks hard questions and shares what God has taught her through her own story--so you can step fully into yours. And while you shouldn't trust her with your laundry or houseplants, you can trust her to help you discover the unique calling God has for your life. Born from the mess, wreckage, and redemption of her own life, she helps you see that *everything* in your past has brought you to exactly where you're meant to be today. She gives you the permission and framework to thrive right where you are with the gifts He's given you, without apology. Because when your identity is anchored in Christ, the Gospel message will shine through you. You'll bring glory to God and lead others to faith. His breadcrumbs are there, along the path you've already walked, pointing the way forward to becoming all He created you to be.

## SOUL-DEEP BEAUTY

*Fighting for Our True Worth in a World Demanding Flawless*

**Melissa Johnson**

### Therapist Redefines Beauty as Something More Brilliant Than We Imagined

- Author hosts the growing podcast *Impossible Beauty*, with guests including Bob Goff, Jess Connolly, Katelyn Beaty, and John Eldredge
- Includes a group guide with reflection questions, conversation prompts, and deeper study points

Women and girls everywhere are being played, hungrily chasing after a brand of broken beauty that leaves us disconnected, damaged, and so desperate for acceptance that we fuel our own exploitation with our shame and money.

In the midst of battling an eating disorder, Melissa Johnson, a marriage and family therapist, was given new eyes to see the widespread fallout of this ultimate deceit. With piercing insight and tender encouragement, Melissa helps women capture hope and freedom as she shows that true beauty is not impossible--it abounds all around us. In these pages, she helps you

- expose the cultural lies you believe about beauty
- uncover the hidden damage of these messages on your mind and soul
- rediscover your true beauty
- reconnect with the God in whose image you are made
- walk away from shame and striving
- love yourself--and others--unconditionally

True beauty is the fullness of life we are longing for; it's the reality that blows our minds, affirms our true worth, and invites us into an adventure that meets our deepest longings. And it's true beauty that will save us if we open our eyes to it.



# SOUL-DEEP BEAUTY

*Fighting for Our True Worth in a World Demanding Flawless*

MELISSA JOHNSON



JUNE 6 • US \$16.99 • CAN \$20.99  
9780764241659

Paperback / softback  
8.500 in H | 5.500 in W

208 pages • Carton Quantity: 64

RELIGION / Christian Living / Personal Growth  
SELF-HELP / Eating Disorders & Body Image  
RELIGION / Christian Living / Women's Interests

**Melissa L. Johnson** is a marriage and family therapist, is a spiritual director, and teaches an undergraduate course at Bethel University on soul wellbeing. Melissa is also the founder of *Impossible Beauty*, a blog and podcast dedicated to redefining beauty as "the life of God at work in us and among us." Melissa lives near Minneapolis, Minnesota, with her husband. Find out more at [impossible-beauty.com](http://impossible-beauty.com).



## SEE THE GOOD JOURNAL

*90 Days to Becoming More Grateful and Hope-Filled*

**Zach Windahl**

### Find--and Focus On--God's Goodness Every Day

- Companion to *See the Good*; foreword by Bob Goff, published fall 2022
- Windahl is the author of *The Bible Study*, which has sold more than 300,000 copies
- Author's social media reach is over 175,000 and email list is over 360,000
- Attractive design with full-page quotes, morning and evening journal prompts, reflection questions, and more

Do you think the world is getting better or worse? Is it becoming easier or harder to be a Christian? So many of us fear where things are headed, but did you know the world is actually getting *better* in countless ways? What could change if we focused on the good?

With thought-provoking questions and quotes and prayer prompts, this smartly designed journal will help you discover and meditate on God's extraordinary goodness all around you. You'll learn how to start each morning with an expectant perspective and end each evening with deeper reflection and gratitude.

Life is hard--there's no denying that. But with this 90-day journal, you can be intentional about seeing the good in every day and growing closer to God in the process.



JUNE 27 • US \$18.99 • CAN \$23.99  
9780764241666

Hardback  
9,000 in H | 6,000 in W  
240 pages • Carton Quantity: 20

RELIGION / Christian Living /  
Inspirational  
RELIGION / Christian Living / Personal  
Growth  
SELF-HELP / Personal Growth /  
Happiness

Author and entrepreneur **Zach Windahl** has helped hundreds of thousands of people better understand the Bible and grow closer to God. He's the author of several books, including *The Bible Study*, *The Best Season Planner*, and *Launch with God*. Zach lives in Minneapolis, Minnesota, with his wife, Gisela, and their dog, Nyla. Learn more at [zachwindahl.com](http://zachwindahl.com).

## BETTER THAN OKAY

*Finding Hope and Healing After Your Marriage Ends*

**Brandi Wilson**

**Hope and Healing for Women after Divorce from a Christian Leader and Life Coach**

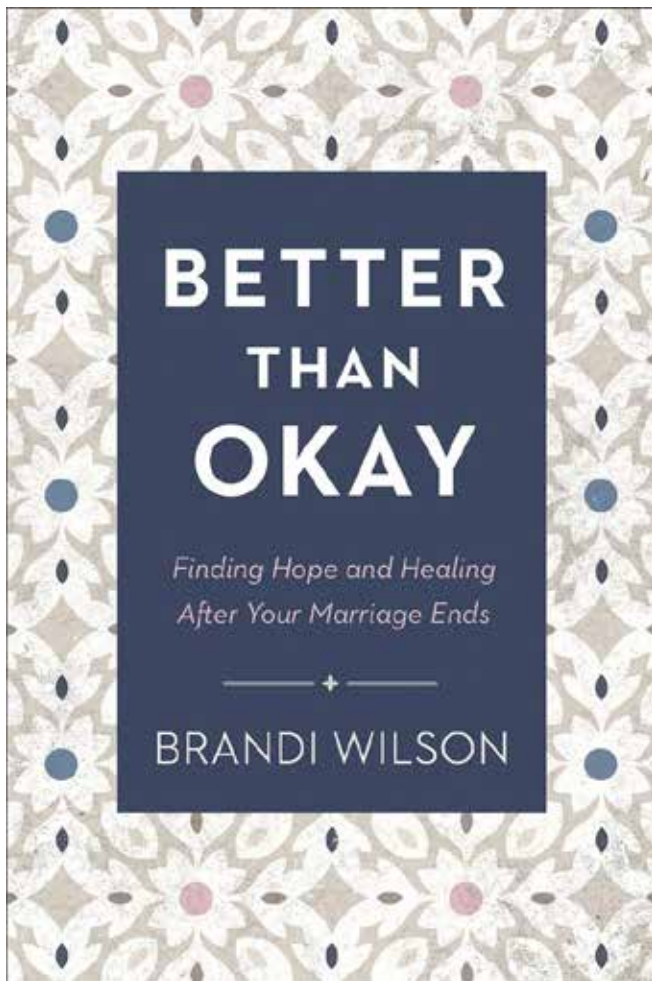
- A much-needed resource for Christian women who've endured the pain of divorce
- Wilson has co-led a nonprofit ministry, Leading and Loving It, for pastors' wives and women in leadership, for more than 10 years
- Helps women endure seasons of unimaginable loss, face their grief, and birth purpose from pain

Some seasons of life can seem inordinately more difficult than one human should ever have to endure. For Brandi Wilson, this was the year when her husband of more than 20 years--and a megachurch pastor--walked away from her and her family, her church community dissolved, and her dreams and identity were shattered.

Yet God transformed this heartbreaking, overwhelming year into an invaluable lesson on the gift of healing. Here Brandi vulnerably and beautifully tells her story of confronting grief and heartache head-on and learning how to grow from the pain. She poignantly reminds us that your story is always evolving as she helps you

- rely on and find comfort in the promises of God
- endure the darkest moments and seasons of life
- address your grief head-on
- begin a new journey toward healing
- find freedom in your new identity

While grief and tragedy seem final and your life and dreams look drastically different, there is hope for renewed joy, peace, and redemption. Your pain doesn't get the final say; through God's grace and healing power, you will be *better than okay*.



JULY 11 • US \$18.99 • CAN \$23.99

9780764241413

Paperback / softback

8.500 in H | 5.500 in W

208 pages • Carton Quantity: 64

RELIGION / Christian Living / Family & Relationships  
 FAMILY & RELATIONSHIPS / Divorce & Separation  
 RELIGION / Christian Living / Women's Interests

**Brandi Wilson** is an author, coach, and speaker who has been in leadership for more than a decade at Leading and Loving It, a non-profit created to empower women to love life and ministry. She has helped plant two churches, and she's passionate about walking alongside single moms and divorced women as they navigate parenting and life. She lives with her three sons in Nashville, Tennessee.

## THE WORRY-FREE PARENT

*Living in Confidence So Your Kids Can Too*  
Sissy Goff

### Trusted Counselor Shows How to Be a Worry-Free Family in an Anxious World

- Author's books with Bethany House have sold more than 140,000 copies
- Sought-after speaker and recurring guest on *Focus on the Family*, *FamilyLife Today*, and *The 700 Club*
- Goff's podcast, *Raising Boys and Girls*, has more than 3 million downloads

Anxiety is not just an epidemic among our kids, but it's an epidemic among parents as well: One doesn't exist without the other. Your anxiety is contagious, and it's directly impacting your kids, distracting you in the present, and defining the future of your family.

But it doesn't have to be this way, assures veteran counselor and parenting expert Sissy Goff. With over 30 years of experience helping both children and adults, she offers you practical, well-researched tools that will make a difference in your life--and the lives of your children. You'll learn how to

- uncover the roots of your own anxiety
- process anxiety in healthy ways
- manage stress rather than passing it on
- model bravery
- and discover a place of deeper, more joyful connection to the moment and to your children

When you understand your past, you'll receive help for the present--and discover hope for the future. Here is the help you need to experience freedom from anxiety, raise confident, courageous kids, and become a worry-free family in an increasingly anxious world.



MAY 2 • US \$17.99 • CAN \$22.49  
9780764241024

Paperback / softback  
8.500 in H | 5.500 in W

256 pages • Carton Quantity: 32

RELIGION / Christian Living / Family  
& Relationships  
FAMILY & RELATIONSHIPS /  
Parenting / General  
PSYCHOLOGY / Mental Health

**Sissy Goff**, MEd, LPC-MHSP, is the director of child and adolescent counseling at Daystar Counseling Ministries in Nashville, Tennessee. Since 1993, she has been helping girls and their parents find confidence in who they are and hope in who God is making them to be, both as individuals and as families. Sissy is the author of several books, a podcast co-host, and a sought-after speaker for parenting events.



WORKBOOK

Sissy Goff, MEd, LPC-MHSP

THE  
LEARNING TO LIVE IN CONFIDENCE  
WORRY-FREE  
SO YOUR KIDS CAN TOO  
PARENT



MAY 2 • US \$17.99 • CAN \$22.49  
9780764241031

Paperback / softback  
8.000 in H | 6.000 in W

160 pages • Carton Quantity: 32

RELIGION / Christian Living / Family  
& Relationships  
FAMILY & RELATIONSHIPS /  
Parenting / General  
PSYCHOLOGY / Mental Health

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Bethany House

AUGUST 2023

## THE WORRY-FREE PARENT WORKBOOK

*Learning to Live in Confidence So Your Kids  
Can Too*

**Sissy Goff**

**Thoughtful Companion Workbook Helps Worry-Free Parents  
Put Teaching into Action**

- Author's anxiety-related books have sold more than 100,000 copies
- Sought-after speaker and recurring guest on *Focus on the Family*, *FamilyLife Today*, and *The 700 Club*
- Goff's podcast, *Raising Boys and Girls*, has more than 3 million downloads

In this thoughtful and well-designed companion workbook to *The Worry-Free Parent*, veteran counselor and parenting expert Sissy Goff invites you to make the teaching and truths in the book more personal and practical for you and your family. Through thought-provoking questions and exercises, plus insights that go even deeper than the main book, you will

- root out the source of your anxiety
- discover worry-fighting Bible verses to strengthen your faith
- implement joy-filled practices to foster deeper connection in your family
- and find practical ways to claim freedom in your family life

Anxiety doesn't have to distract or define you--or your family. Here are the space and tools you need to grab hold of peace, embrace grace, and become the person, parent, and family you truly long to be.