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FOR IMMEDIATE RELEASE

★ **OVERCOMING HURTFUL WORDS**

(Nashville, TN) August 10, 2017—Words are powerful, and when that power is used to inflict pain and tear down, the effects can create long-lasting wounds. In *Overcoming Hurtful Words* (9781683970507), board-certified Advanced Christian Life Coach and counselor, Janell Rardon, shows us that these effects are not irreparable. With the help of her Scripture-based program, Rardon demonstrates that each one of us has the opportunity to peel away the layers of damaging labels that have been applied to us over the years by society, false friends, and our own fears and doubts to reveal the God-created identity underneath.

★ **NINE PRACTICES**

Through nine helpful practices, readers will be guided in reflecting on what has caused their past pain, reframing the harmful thoughts that are causing distress in the present, and re-authoring those thoughts to create a brighter and healthier future. Rardon calls this process a *heartlift: the practice of vocalizing crushing pain in a healthy manner that brings closure, emotional healing, and lasting freedom*. While the journey isn't an easy one, Rardon's encouraging words help women recognize the power of the "turn-it-around" God we serve—a God who would not let the pain of His children be wasted.

**"You intended to harm me, but God intended it for good,
to accomplish what is now being done,
the saving of many lives."**

-Genesis 50:20 (NIV)

“Hearts matter,” writes Rardon. “Life is too short to waste entangled in crushing words. The pain inside your heart can be turned into something ‘unimaginably powerful—an expansion of your heart’s capacity and potential to live out its God-breathed purpose.’”

“I can’t promise easy, but I can promise empowering,” Rardon continues.

“The heartlift journey invites remarkable results.”



Janell Rardon, national and international speaker, author, and relationship expert, has a master’s degree in Human Services Counseling/Marriage and Family Specialization. A board-certified Advanced Christian Life Coach (AACC), she is in private practice in Virginia. Janell and her husband have three grown children. Find out more at www.janellrardon.com and www.overcominghurtfulwords.com.

★ SUGGESTED INTERVIEW Q & A

- ★ Why do hurtful words have such a deep and lasting impact on us? what are some of the most common reasons why people are unable to let go of them?
- ★ When someone is wounded by hurtful words, it feels very personal. Is this book born out of personal experience? Can you share your story?
- ★ Walk us through what you mean with the words: Heartrift, Heartshift, Heartsift, and Heartlift.
- ★ There are three phases to the Heartlift Journey: Reflect, Reframe and Re-author. Can you give a brief overview of what those titles mean and what each of those sections entails?
- ★ You use the acronym W.H.O.L.E. Can you tell us what that means and why it’s important in the process of overcoming hurtful words?
- ★ What is one thing someone struggling with hurtful words can do right now to begin the healing process?

★ WORTHY PUBLISHING GROUP

is a privately held, independent voice in inspirational publishing, based in Nashville, TN. Worthy includes five distinct imprints: *Worthy Books* publishes inspirational works addressing spiritual growth, biblical study, faith and culture, biography, fiction and specialty Bibles; *Museum of the Bible Books* is a partnership between Worthy and the Museum, publishing books that reveal the history, narrative, and impact of the Bible; *Elle Claire* produces beautifully crafted journals, gifts, and paper expressions; *Worthy Inspired* publishes faith-need, spiritual growth, inspirational, and devotional books; and *Worthy Kids/Ideals* creates colorful, interactive children’s books, including *VeggieTales* and *Berenstain Bears*, for ages 2 to 8.

SCHEDULE TODAY!
Book Signing and Meet & Greet



Imagine a morning, afternoon, or evening set aside to reflect, reframe, and re-author negative labels and narratives that have hindered living a meaningful life. Janell's vibrant passion for God and warm, welcoming way will help create a healing environment where your community feels valued and loved.

Your event could include:

- Meet & Greet around the coffee/tea station
- Fun giveaways
- Reading and short "Today's Heartlift" inspirational thought
- Book signing

 Janell RARDON
www.janellrardon.com

★ **ADDITIONAL TOPICS**

★ Why hurtful words are so destructive and how to overcome them.

★ What it means to live W.H.O.L.E.

★ How to find peace after a painful past.

★ The power of writing and its role in emotional healing.

★ Become an emotionally healthy, "heartlifting" mother.

★ The power of prayer in emotional health and spiritual maturity.

★ Changing the negative narrative in your family and home.

★ Create an emotionally healthy home and family.

★ Create an emotionally healthy church community.