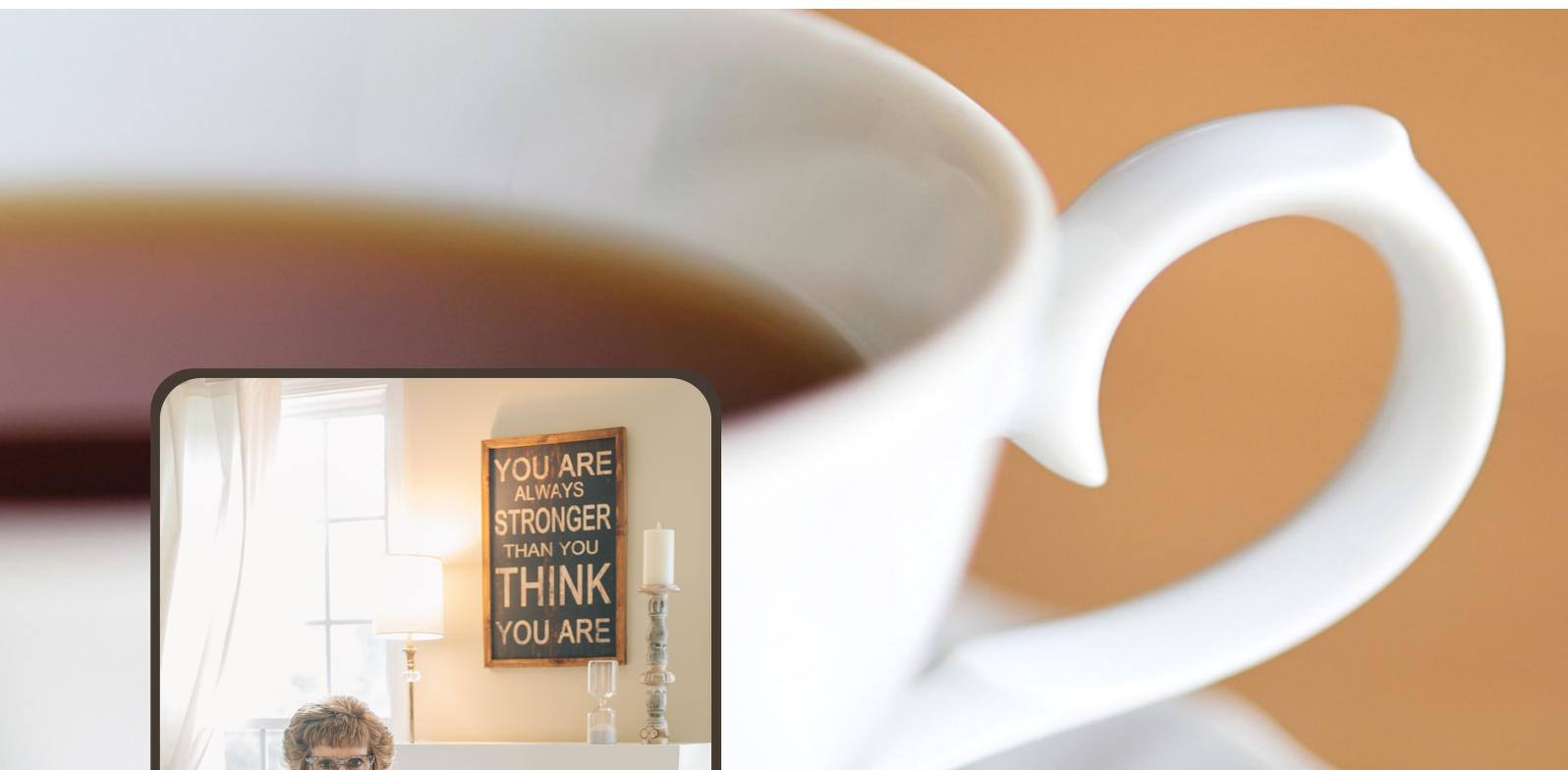




TODAY'S  
*Heartlift*  
WITH JANELL  
janellrardon.com



On this podcast, we gather together to talk about having a healthy sense of self, healthy behavior patterns, and healthy communication skills.

Join the conversation on Instagram:  
[@janellrardon](https://www.instagram.com/janellrardon)

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## This Week's Conversation

Welcome to Dr. Alison Cook, author of "The Best of You: Break Free from Painful Patterns, Mend Your Past, and Discover Your True Self in God," Alison poses a piercing question that God posed to her: What is it that you want from me?" How might you answer that question?



### *Meet Our Guest*

Dr. Alison Cook is a psychologist and writer who empowers women to heal from past wounds, develop a strong sense of self, forge healthy relationships with others, and experience a loving God who is for them. Her weekly email reaches more than 50,000 people each week. She specializes in bringing faith and psychology together to create real change in people's lives.

## Becoming the Best of You

"Jesus gave us an amazing example of selfhood during his short time on earth. Carl Jung, one of the world's most influential psychologists, wrote, 'Christ exemplifies the archetype of the self.' A lot of preaching in faith communities focuses on Christ's selflessness. But the idea often gets misconstrued. The selfless acts of Jesus were always rooted in the clarity he had about who he was and his larger purpose" (p.13).



The Cocktail of Codependency:

- Childhood Wounds
  - Confusing Church Messages
  - Cultural Conditioning
-

## If You Want More...



1. Download this week's "loosely edited" transcript" and highlight your teaching moments.
2. Watch the YouTube Video...maybe with your partner or small group. Typically uploaded by Friday.
3. Ask questions or share thoughts over on our Instagram page: @janellrardon

“

<b>SELFISHNESS</b>	<b>SELFHOOD</b>	<b>SELFLESSNESS</b>
It's all about me.	It's about you and me.	It's all about you.

# the best of \* you

Break Free from Painful Patterns,  
Mend Your Past, and Discover  
YOUR TRUE SELF IN GOD

Dr. Alison Cook



## *Personal Reflection*

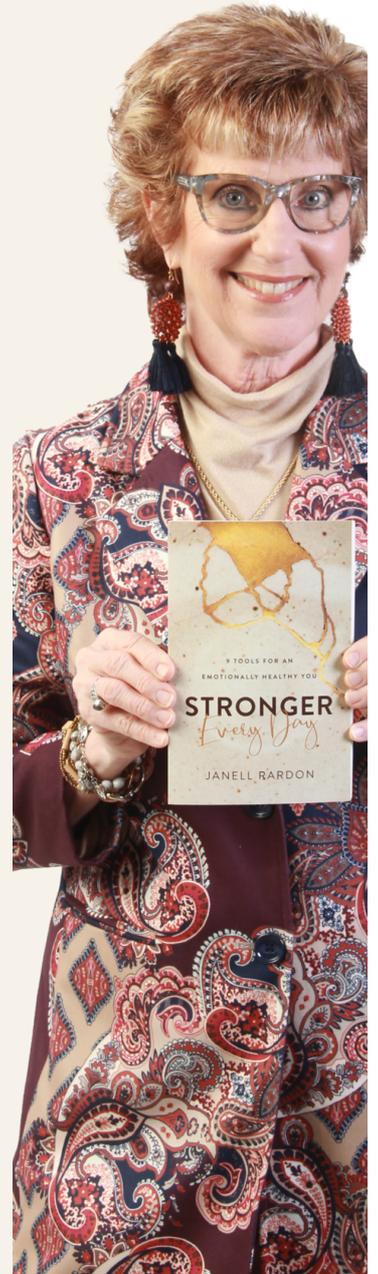
1. What is a challenging situation or relationship that you are currently facing?
2. Regarding this situation, consider the question, "What do you want?"
3. Notice what comes to mind. As an action step, consider the following exercise:
  - a. Make a list of 8-10 statements, each one starting with "I want."
  - b. Don't censor yourself.
  - c. Don't be surprised if the statements are contradictory.
  - d. Don't worry if any of the statements feel selfish or selfless. Simply notice and write it down.
  - e. Invite God to join you in the process of observing what you wrote.

**LET'S  
TALK**

Ask questions or share thoughts  
over on our Instagram page:  
[@janellrardon](https://www.instagram.com/janellrardon)

## Do Your Own Heart Work

1. Healthy relationships look like this:  
a healthy me + a healthy you = a healthy we.
2. We can only do our own heart work.  
We can't make or force or coerce or manipulate anyone to change. It is up to them.
3. Visit the mental gym every single day. In "Stronger Every Day: 9 Tools for an Emotionally Healthy You," find strength training for your SOUL.



Pre-order Dr. Cook's newest book + receive her pre-order bonuses.



<https://www.youtube.com/watch?v=rL3vfEOK8TE>



[www.dralisoncook.com](http://www.dralisoncook.com)

“ A heartlift is the process of vocalizing crushing pain (trauma) in a safe space, with a safe person, in a healthy manner that brings clearance and closure and emotional healing in a way that ultimately leads to true freedom.



## Become Your Very Own Heart Coach

Created for you by  
**Janell Rardon, MA**

Visit The Heartlift School and Enroll in Your First Course!



### tool one *Step Across the Thresh*

"He had the vague sense of standing on a threshc the crossing of which would change everything."  
-Kate Morton, "The Forgotten Garden"

HEARTLIFT 1

In Tool 1, we learn of **eudaimonia**, the pursuit of meaningfulness. V read, "The best moments in our lives are not the passive, receptive relaxing times...The best moments usually occur if a person's body mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile." The heartlifting journey invite you to "accomplish something difficult and worthwhile." What mig the story on pp. 56-57 about the three women have to do with "eudaimonia" and your heartlifting journey towards future freedo

MY THOUGHTS:

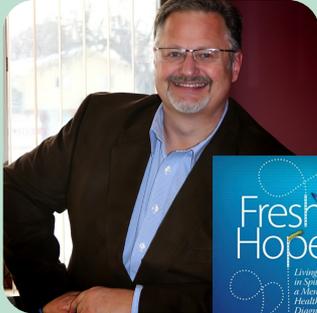
HEARTLIFT 2

At the onset of any heart work, it is absolutely essential to understand that it will require a great deal of grit, energy, and tim New contemplative practices, like stillness, silence, and solitude w be introduced to help you slow down the pace of your life in order to do this heart work. On p. 57, an invitation is given to "saunter, si and see." Slowing the pace of life isn't easy, so take your time. This exercise will help you become more aware of what is happening i the present moment--also an essential practice for heart work.

MY THOUGHTS:

Join my online community,  
[www.facebook.com/groups/strongereveryday](http://www.facebook.com/groups/strongereveryday)

## Catch Up On Past Episodes



**Fresh Hope**  
Living Well  
in Spite of  
Mental  
Diagnoses  
William Swindell  
Author of Fresh Hope



**THE AGE OF OVERWHELM**  
THINK DON'T DO IT YOURSELVES  
Laura van Dam  
Author of The Age of Overwhelm



**LIFE CAN BE GOOD AGAIN**  
PUTTING YOUR WORLD BACK TOGETHER AFTER IT ALL FALLS APART  
LISA APPELO



**THE PATH TO PEACE**  
Empowering Gifted Children Who Hate School  
ANN SWINDELL



**Face to Face**  
SMART CONVERSATIONS with "Special" Your Teenagers and Your Young Adults  
Patty Prudden



**Unclutter Your Soul**  
OVERCOME WHAT OVERWHELMS YOU  
Trina McNeilly



Let's take this heartlifting journey, together. Healing happens in community and healing doesn't have to be complicated.



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*Thank you!*

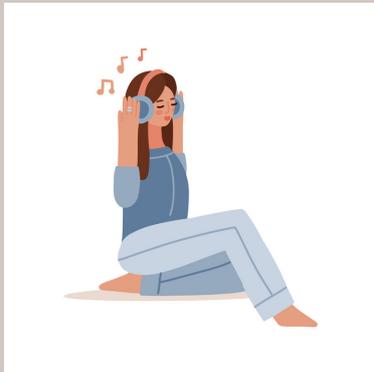
Four Truths  
About a  
Healthy Sense  
of Selfhood

SWIPE TO FIND OUT

the  
best of  
\*  
*you*

Break Free from Painful Patterns,  
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YOUR TRUE SELF IN GOD

Dr. Alison Cook



TODAY'S  
*Heartlift*  
WITH JANELL  
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"It's hard to forge healthy relationships with others if you haven't been taught that what you want and need matters."  
*Dr. Alison Cook*

*Share with your friends,  
family, & small groups!*

