



# Renewed: Finding Your Inner Happy in an Overwhelmed World

*Lucille Zimmerman*

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## **Renewed: Finding Your Inner Happy in an Overwhelmed World** Lucille Zimmerman

Women increasingly find themselves pulled in many directions, striving to balance the needs of others with the need to nurture themselves. This pull is often exhausting and, sometimes, can lead to resentment or burn-out. So how do we manage our work and family and faith and ministry lives if we aren't able to take care of ourselves as we also take care of others?

*Renewed* helps women understand the need to put themselves on "the list." Through practical ideas and relatable anecdotes, readers can better understand their strengths and their passions and address some of the underlying struggles or hurts that make them want to keep busy or minister to others to the detriment of themselves. *Renewed* can help nurture those areas of women's lives to use them better for work, family, and service. It gives readers permission to examine where they spend their energy and time, and learn to set limits and listen to "that inner voice."

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