



## **Big Girls Don't Whine: Getting On With the Great Life God Intends**

*Jan Silvious*

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No one wants to be labeled a whiner, but many of us go through life with a "poor me," victim mentality that sounds a whole lot like whining. God never intended for us to act like "little girls," says Jan Silvius. His goal is for each of us to live as "big girls"-mature Christian women-who are capable of enjoying the richness of life He has planned.

In *Big Girls Don't Whine*, Jan helps women:

Move beyond the past and on to healthy relationships,  
Choose to be proactive rather than let life just "happen,"  
Discover their full potential,  
And become everything He made them to be.  
So how can we tell if we're living life as an immature 'little girl' or a confident "big girl?"

### **A little girl...**

Is insecure  
Becomes the victim of circumstances  
Says "I can't"  
Manipulates  
**A big girl...**

Is secure  
Rests in God's sovereignty  
Says, "I can"  
Communicates

In *Big Girls Don't Whine*, Jan Silvius calls us to be real women in a real world, free to experience a life of full of potential and vision. This book is the how-to manual for making it happen.

## **Big Girls Don't Whine: Getting On With the Great Life God Intends Details**

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Author : Jan Silvius

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**Jan Silvius**

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## **From Reader Review Big Girls Don't Whine: Getting On With the Great Life God Intends for online ebook**

### **Regina Gadad says**

This book is sentimental to me because it was my very first MOPS book when I entered the club. We watched a video along with this book during our meetings. I don't remember any of it as my MOPS leaders were busy chatting up a storm. ^\_^ However, it held up my chin, and told me "Hey, don't be such a grump. You're all grown up now. You're a mom!" I met 2 friends in this group who I consider amongst my closest buds. So yeah, this was a good book. ;)

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### **Carla Still says**

This has been a wonderful book to digest. The comparisons between the Little Girls and the Big Girls help me identify where I am in the growing into the Big Girl process. Jan Silvious shares many insights of her journey and communicates clearly how we should behave to be a Big Girl. This both was both encouraging and challenging. She addresses issues that face both Little and Big Girls.

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### **Marla Madden says**

OK

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### **T says**

There was a lot of information to digest in this book. Surely every Christian woman would benefit from reading it.

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### **Dot says**

Loved this book! It has discussion questions at the back for a deeper study. Lots of great "reality checks, Biblical truths and encouraging "Big Girl Truth to Live By" boxes through out. My favorite and probably toughest one to digest was, on page 13, "Until you take responsibility for yourself, you cannot become all God hopes you will be."

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### **Meaghan says**

Fun book to read with a group. Not sure if I would stick to it on my own though. I finished this book and it is very much worth reading. Still doing group meet ups on it, so I am excited to talk it over with my group.

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**Bri says**

What HAVEN'T I learned from this book? I keep rereading it, in hopes that I will keep getting closer to maturity and being a real "big girl!" Because, let's face it, I still whine . . . quite often . . .

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**Shannon Maddox says**

Read my review here:

<http://iron-diva.blogspot.com/2015/02...>

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**Mirabella-Paulcia Peach says**

I loved this book, it spoke to me, it said to me 'grow up' in a mild but firm manner. It took me quite a while to be done with it because I took my time gradually sipping into its essence. This book is a must read for young women like myself. I'm proud to be a transitioning "BIG GIRL" .

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**Cindy Lofgren says**

Some chapters very relevant. A good read and made for good discussions in my moms group.

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**Leslie says**

I felt this had a good amount of basic information for acting like an adult and letting go of childish behavior. What I did not like as much was the choice of using paraphrases for the Biblical quotes instead of translations: almost all from The Message and The Amplified Bible.

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**Rachal T says**

The author gave a lot of examples of the growing process from a little girl to a big girl. Most of which I could not relate to on a personal level in my twenties. There was value in the broader examples and friendship level of examples how big girls can inspire those around them.

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**Lisa says**

**Patti Kimzey-bojorquez says**

This is one of my favorite books of all time! Jan Silvious is a master at getting the point across without preaching at us. She makes her point well. Through her personal experiences, she teaches us to be better wives, Moms, sisters, daughters and friends by helping us to be Big girls when things don't always go our way. I think this is a must read for young women everywhere.

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**Valgallaher says**

rec by Caroline Johnson

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