



## **It's Okay Not to Be Okay: Moving Forward One Day at a Time**

*Sheila Walsh*

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We've all experienced that moment where we wish we could start all over again. Failed marriages, lost friends, addictions, lost jobs. This is not the life we imagined. Yesterday can sometimes leave us stuck, sad, shamed, scared, and searching. Sheila Walsh encourages readers to face the pain head on and then start again, from right where they are. She shares that when she discovered "I'm not good enough and I'm good with that," everything started to change.

In *It's Okay Not to Be Okay*, Walsh helps women overcome the same old rut of struggles and pain by changing the way they think about God, themselves, and their everyday lives. She shares practical, doable, daily strategies that will help women move forward one step at a time knowing God will never let them down.

## **It's Okay Not to Be Okay: Moving Forward One Day at a Time Details**

Date : Published October 2nd 2018 by Baker Books

ISBN : 9780801078002

Author : Sheila Walsh

Format : Hardcover 208 pages

Genre : Christian, Self Help, Christian Non Fiction, Christian Living, Nonfiction, Spirituality



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Sheila Walsh**

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## **From Reader Review It's Okay Not to Be Okay: Moving Forward One Day at a Time for online ebook**

### **Linda Smith says**

This one is perfect for all of us who long to be the 'perfect' wife, mother, friend, woman, etc. but knows that they fall far from the ideal. Bless you, Sheila Walsh, for reminding us that it's okay to not be okay!

The author writes in such a relatable manner that you find yourself almost feeling hugged by her words.

Walsh uses Scripture to back her writing and expresses personal aspects of her life to stress that she, too, feels doubts and insecurity like we do.

A fairly short book, this one is the ideal gift for any person who fails to see that they're fine and loved even if they feel less than perfect.

I received an Advance Review Copy of this book. All opinions are my own.

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### **Mary Jackson \_TheMaryReader says**

I love Walsh's Bible studies and her books are always on my want to read list. It's Okay Not to Be Okay is one we all need to read and listen to.

I will be rereading it again.

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### **Jennifer Frost says**

I have gone through a few of Shelia's Bible Studies and I have always loved her stories, lessons and most of all her honesty. I could relate to everything she talking about in the book and I feel this book will be a great reference to me in times that I need it.

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### **Angie Cherney says**

I received the book as an advanced reader copy and chose of my own accord to review. My opinions in this book review are my own. I wasn't sure what I was expecting, (and I'm not even quite halfway through), but it's been far and above what I expected. So much to chew on, process. It's not a book to rush through, not one to superficially glaze over, but one to digest, slowly take in, even though it could be considered an "easy read." I read and reread the same pages even. I don't do this with most books. I'm typically a fast reader and can devour a book in a day or two. But this? Nope. #savoringeachword This is one book I'll definitely be re-reading, in fact, with highlighter in hand. I rarely read books twice, but reading it through the first time without highlighting helps me to just digest the truth of what Sheila pours out, that it's okay not to be okay, to question and to wonder, to struggle and to wrestle with hard things. Re-reading then allows me to go through it a second time and highlight the "key" sentences that speak to right where I'm at now. Definitely worth TWO reads!

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## **Misty says**

Run, don't walk and get this book! Do not pass go, do not even bother to get your \$200 monopoly bucks.

This book is beautifully written and full of hard-fought truths and biblical insight! This is a must read for anyone struggling to sense out of life!!!

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## **Becca-Rae Weidel says**

This book carries a message that desperately needs to be heard by today's women. We feel a constant pressure to showcase our lives to the world as if we have it all together and that our lives run perfectly. Spend five minutes on Facebook, Instagram, or Pinterest and you'll see exactly what I mean. But when hardship hits, it makes sense that you won't be okay. It makes sense that you will have a time of suffering and need support and encouragement in the Lord to lift you back up. Life is hard and there doesn't need to be shame surrounding a need for help.

This was a study that I consider a great read for all women. For women in ministry it can be helpful for a few reasons. There's the typical words of wisdom to help other women going through struggles, but there's also the words from a woman in the spotlight of women's ministry admitting that she, herself has times when she is not okay. It's an encouragement for women that we don't have to pretend life is perfect when it feels like the walls are caving in. God meets us where we are at not where we think we should be. There is nothing hidden from God. Nothing will surprise Him. He WANTS us to come to Him.

Everyone has different experiences in life that have caused brokenness. Some have been abused sexually, physically, and/or mentally. Others have dealt with infidelity, divorce, cancer, death, or any other situation that can leave someone feeling shattered. Some things are easier to process and move on from quicker than others. Some wounds are deep enough that they take years or even decades to heal from. To expect that we can be "okay" at all times simply isn't achievable. On the flip side however, Sheila urges the reader to not allow their wounds to become a part of their identity. It's a choice we need to make to seek healing.

This book is a message women need to hear. We shouldn't be judgmental towards others who are going through tough times. We should feel safe to admit when we are struggling. We can choose to be either a part of the problem or part of the solution. I hope you take the time to read it and hope that it blesses you as it has blessed me.

\*I Received a free copy of this book from Baker Books Publishing. I was not required to give a positive review. Thoughts and opinions expressed are mine alone.

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## **Susan Finch says**

I've read other books by Sheila Walsh, and I'm always taken in by the honesty in Shelia Walsh's writing. This book is no exception. She has openly shared her story many times. Now, in this book, she goes farther in sharing with readers specific ways to move forward in life and faith when both are hard. She knows how the hurt in life can make many struggle with living the day to day. "The circumstances are different for each person, but the feelings of being rejected, isolated, or heartbroken are crushing. What makes many of the

situations much harder to bear is that you had no choice, no say in the matter.” (39) She also knows that Christians can struggle with the pain in life versus how they believe they should react or portray themselves, and the goodness of God. She takes all of that head on in this book. “Measuring our live and our service to Christ by whether we’re okay or not is a soul-destroying way to live.” (192)

She walks the reader through real-life stories and practical examples to lead the reader to freedom in Christ. Individual chapters deal with topics such as fear, disappointment, loss of control. Throughout each chapter, Shelia pulls in Biblical scripture and examples throughout the book. The end of each chapter provides practical, hands-on ways to move forward. “When you realize that you don’t have it all together you can give others the freedom too. Understanding that Christ is the hero of our stories allows us to be human.” (175)

I highly recommend this book to anyone who is struggling with something hard or trying to help anyone struggling with something hard (and that’s got to be all of us at one time or another).

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### **Lori Jorgensen says**

This is not the life I imagined! Have you thought that -ever ? If so I suggest you pick up this book. Do you live your life with a list of things to change about yourself you know - get it right. Let go of beating yourself up trying to live the life Jesus never asked you to live. It really is ok not to be ok. That is why Jesus came.

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### **Kimberly says**

GREAT BOOK GREAT MESSAGE I will read this again and again

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### **Kris - My Novelesque Life says**

IT'S OKAY NOT TO BE OKAY: MOVING FORWARD ONE DAY AT A TIME

Written by Sheila Walsh

2018; Baker Books (208 Pages)

Genre: nonfiction, self-help, religious

RATING: 2 STARS

I found that the author was using this book as more of memoir weaved in with the bible rather than imparting wisdom. The few ideas that Walsh does bring up she unfortunately does not delve into it. I was skimming through the book as I was looking for something that wasn’t there. I think it would have helped having a ghost writer or co-author to keep the author on topic.

\*\*\*I received a copy from the PUBLISHER\*\*\*

My Novelesque Blog

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### **Kav says**

We're not supposed  
to have enough.  
We're supposed to bring  
what we have,  
our clearly not enough,  
to Jesus and ask Him  
to meet us where we are.

(p 121)

I loved the easy, approachable style of this book! Walsh teaches through story -- both biblical and personal -- and that's the only way I seem to be able to learn from a non-fiction book so this was tailor-made for me! And I so appreciated how she stripped everything down to the basics. We humans tend to make things so much more complicated than they need to be. Add onto that the unrealistic expectations we place on ourselves and then the inner turmoil that comes when we fail...phew it's enough to boggle the mind!

"It's okay not to be okay,  
because Jesus has made us  
right with God."

(p 62)

Such a brilliantly simple concept so why is it so hard to remember? I have lived with this book for weeks now and I'm still not ready to let it go. I read and re-read snippets, applied myself to the One Step at a Time encouragements at the end of each chapter and have felt blessed every step of the way. My big takeaway is that there is freedom in knowing there is no end in sight to our ability to begin again...and again...and again...

"When our hearts are free  
to love with abandon,  
knowing that we're not being  
judged for every failure,  
our behavior changes."

(p 193)

Book provided courtesy of Baker Publishing Group and Graf-Martin Communications Inc.

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### **Donna Balsavich says**

Sheila is always honest with her struggles. I glean much from her, as I read this and her other books. She loves God, and we get to benefit from her testimony's and His power... I recommend It's Okay - it's real. It's caring.

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## **Eva says**

This book is beautifully written and brought me to tears more than once. I didn't find much to be of practical help to me, but I think other people might. The author took stories from the Bible and wove them into the points she was making, which was really interesting.

*I received a free copy of this book in exchange for my honest review.*

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## **Shameka says**

Overall I enjoyed this book. The author provides practical tips for learning how not to focus on our failures (and the lack of confidence that failure often produces) but instead to rely on who we are in Jesus-perfect, loved, and whole. She gave examples of people in the Bible who were failures or who had made major mistakes yet were still used by God for a greater purpose. She also incorporates some of her own life into this book as an example to show that not even those who preach and encourage others always have it together themselves. Everything in the book wasn't applicable to me and my situation but the parts that were seemed like they would be helpful for me going forward. I am going to make the effort to apply some of these principles and I hope doing so will lead to positive change.

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## **Megan Byrd says**

This book was a breath of fresh air! Sheila reminds us that we don't have to be perfect because Christ was perfect on our behalf. Our job is to take our whole selves to Jesus and offer everything to him whose power is made perfect in our weakness. She addresses the topics of admitting when we're stuck and struggling, changing the way we think, moving forward even when we're afraid, letting go of the need to feel in control (and acknowledging that God is always in control), rising above disappointment, celebrating our scars, and choosing to not let failure keep us from trying again. At the end of each chapter there are action steps to help move forward in each area.

This book was full of encouraging truth. I highlighted a lot of parts and will be returning to this book again. It's a great read for people who struggle with feeling like they have to work for God's approval or for those who feel like their pasts and flaws disqualify them from an abundant, purpose-filled life. It's also great for anyone who wants reminders of the truth found in God's word about who he is and who we are. I highly recommend it!

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