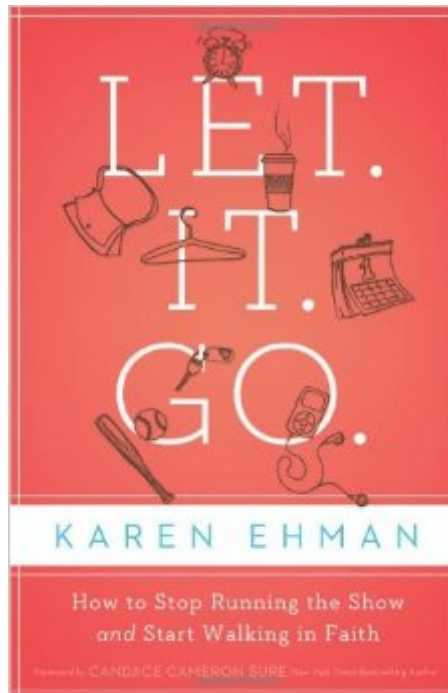


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# Let. It. Go.: How To Stop Running The Show And Start Walking In Faith



## Synopsis

Many women are wired to control. You<sup>™</sup>re the ones who make sure the house is clean, the meals are prepared, the beds are made, the children are dressed, and everyone gets to work, school, and other activities on time. But trying to control everything can be exhausting, and it can also cause friction with your friends and family. This humorous, yet thought-provoking book guides you as you discover for yourself the freedom and reward of living a life *out of control*, in which you allow God to be seated in the rightful place in your life. Armed with relevant biblical and current examples (both to emulate and to avoid), doable ideas, new thought patterns, and practical tools to implement, *Let. It. Go.* will gently lead you out of the land of over-control and into a place of quiet trust. A companion video-based study for small groups is also available.

## Book Information

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## Customer Reviews

The universal desire--however it might manifest itself--to control others and their impressions of us is the subject of Karen Ehman's new book *Let. It. Go.: How to Stop Running the Show and Start Walking in Faith*. While Ehman has plenty of praise for industrious, well-organized, capable women who thrive in their homes and places of work, her objective is to help those same women identify the "miniscule line between being conscientious and being controlling" (17). Writing from an evangelical and complementarian vantage point, Ehman's objective is to offer biblical justification for loosening the reins a little bit, as well as some practical steps we can take toward this goal. *Let. It. Go.* has a number of strengths and two very critical flaws. A perceptive and sensitive woman, Ehman is most

helpful when, after dismantling the facades we wear, she analyzes our raw human impulses, particularly those that drive us to manipulate others and exert unhealthy levels of control over our environments. She refuses to make the overtly bossy, opinionated and loud woman bear the burden of representation for all the control freaks out there, exposing, also, "the soft-spoken saint", "the enabler" "the martyr" and "the people pleaser" (20-21). She argues quite persuasively that controlling personalities come in many forms--and quiet, gentle and agreeable women are not necessarily exempt from her criticism. Her willingness to invite readers to reflect upon her own storehouse of fears, desires, insecurities and controlling impulses makes her a winsome and authentic voice--one from whom I think most readers will gladly accept instruction.

I came across this book while searching for a book by another author, but as soon as I read the title, I knew it was a book I needed to read. I, like so many other women I know, struggle with letting go. With so much to do and so many responsibilities resting squarely on our shoulders, we women often act as if the entire world would crumble if we were to give up a single ounce of control. Besides, we're not doing such a bad job with this balancing act we call life. . . or are we? When we're stressed and frazzled, gloomy and grumpy, there's definitely a problem, and the problem is that we're trying to do everything, which simply isn't possible. With a dash of wit and a sprinkle of personal experience, Karen Ehman tells it like it is in *Let. It. Go.: How to Stop Running the Show and Start Walking in Faith*. She confesses to being a card-carrying member of Control Freaks Anonymous (an organization I know all too well) and explains how the Lord has taught her to let go and let God. I could relate to many of the situations Ehman referred to and learned some valuable lessons on how to release my white-knuckled grip on life and its many circumstances. Several things truly hit home with me, so much so that I jotted them down in my devotional journal so that I could remember and meditate on them. But I think the thing that hit me the most was this paragraph: "When we women try to be so on top of things--around the house, at work, in our marriages, in our parenting, and in community ventures--we think we're only taking our jobs seriously, performing our tasks with care, and carrying out the duties of our roles in a way that is excellent and thorough. So give us a break. We really are just trying to please God, right? I thought so. Sometimes I still think so."

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