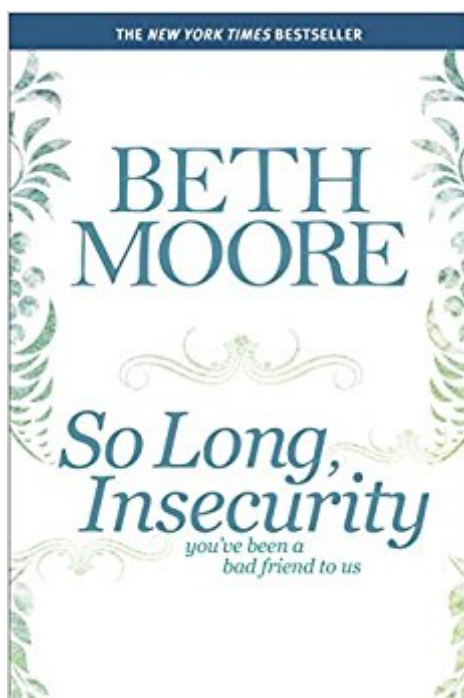


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# So Long, Insecurity: You've Been A Bad Friend To Us



## Synopsis

2011 Retailers Choice Award winner! It's time to say, "So long!" to insecurity! Every woman is insecure about something—her looks, her relationships, her career, you name it. The problem is, not only does insecurity make us miserable, it cripples us and makes us feel worthless. But no woman is ever worthless—especially in the eyes of God. Join respected Bible teacher and bestselling author Beth Moore as she encourages you to say, "So long!" to insecurity and embrace all the wonderful traits and characteristics that make you the unique, beautiful, and amazing woman of God you are.

## Book Information

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## Customer Reviews

Prolific Bible teacher and women's ministry leader Moore (Get Out of That Pit) moves away from her characteristic dead-on expositions of scriptural principles in her newest; the topic is insecurity, and the content, she admits, is close to an autobiography. Moore, always transparent with her own personal struggles, is refreshingly so throughout this text. Readers will be chortling in laughter one moment and sucking air the next as Moore exposes the many faces of female insecurity. The author names and claims each one, then defuses every bit of power these nonsensical inner voices possess by countering their lies with God's truth. Women, no matter what their age, battle against advertising's siren call for unattainable physical perfection; the habit of making a man's love the ultimate validation; and the worldly definition of success as money, power, and status. Moore uses personal essays, women's true confessions, expressive prayers, and lots of commonsense suggestions to jar women out of their insecure rut. Readers will delve into this work and find

themselves comfortably uncomfortable, and this is a very good thing. (Feb.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

So Long, Insecurity: You've Been a Bad Friend to Us Beth Moore. Tyndale House, \$24.99 (350p) ISBN 978-1-4143-3472-1 Prolific Bible teacher and women's ministry leader Moore (Get Out of That Pit) moves away from her characteristic dead-on expositions of scriptural principles in her newest; the topic is insecurity, and the content, she admits, is close to an autobiography. Moore, always transparent with her own personal struggles, is refreshingly so throughout this text. Readers will be chortling in laughter one moment and sucking air the next as Moore exposes the many faces of female insecurity. The author names and claims each one, then defuses every bit of power these nonsensical inner voices possess by countering their lies with God's truth. Women, no matter what their age, battle against advertising's siren call for unattainable physical perfection; the habit of making a man's love the ultimate validation; and the worldly definition of success as money, power, and status. Moore uses personal essays, women's true confessions, expressive prayers, and lots of commonsense suggestions to jar women out of their insecure rut. Readers will delve into this work and find themselves comfortably uncomfortable, and this is a very good thing. (Feb.) --Publishers Weekly, December 14, 2009 --This text refers to an out of print or unavailable edition of this title.

This is a must read for any woman in our culture of sexism and continual attitude of more, more, more. I ordered this book a few years ago with several others I was "going to read" that year. Needless to say, I didn't. But when a very serious relationship of four years ended with a broken engagement and a bomb that rattled my whole life, this book constantly came to mind. (I am sure the Holy Spirit was pressing this on my heart.) I picked it up and began to read. I learned so much about myself, allowed myself to forgive and let go of somethings and was reunited with my God, who I had de-throned for a man. Insecurity cause by an unstable childhood, multiple stupid mistakes and decisions has been the root of so many of my personal, professional and even, unaware issues that I've lived with my whole life. God threw the door open on a fiercely broken heart and has began His wonders of healing it. For me, this book is where God refreshed and reconnected with me in my pain and spiraling life. Thank you, Beth for your obedience and for just writing your heart. I needed it and God used it to stake claim on my heart once again.

This is the best book on this subject that I've ever read. I read it about two years ago, and I still think

of it often, especially some of the scripture verses that Beth Moore uses throughout the book to support the principles she is teaching. I have recommended it to a number of my friends, and I think it would help many, many women in important ways if they read it. It helped me understand that God created us as women with strength and dignity (Prov. 31). Instead of dry analysis, though, it is full of stories of women that I could relate to.

This book is life altering!!! I highly recommend it to everybody but especially young women in their late teens and 20's. It will save you years of pain and bad decisions if you can learn this early. Knowing you can feel \_\_\_\_\_ emotion (fill in with anything) and not feel insecure at the same time (often adding to the pain of said emotion) is awesome!! Even if you don't suffer from extreme insecurity this book will help you see yourself and others in a different light.

“Where on earth did we come up with the idea that we have to subtract value from ourselves in order to give credit to someone else? That’s one of the many questions Beth Moore asks in her book, *So Long Insecurity*. I spent at least a month going through the pages of this book. It was like sitting down with a friend and having a heart-to-heart. Not everything applied to me, but the parts that did were profound. I am definitely not the same woman I was when I went in, but the funny thing is, I can’t pinpoint the change. I don’t know when it happened, or even what it was, but as Beth’s words washed over me, I felt more secure on who I am in Christ and in life. I would highly recommend this book. Personally, I have several things underlined or highlighted and will probably be re-reading this one at some point.

Beth, you are probably one of the most real, hilarious and beautiful souls! This book will be one I refer back to often- probably for the rest of my life. I feel like I’ve engaged a mission with God that was desperately needed. Thank you for being so candid and allowing God to speak through your writing. Honestly, I bought this book in 2012, started reading it, then got sidetracked somehow. I could’ve really used the security in these past 3 years, however, I know this is when God wanted me to read it. I cried, I giggled and laughed all the way through. Thank you, Beth, and may God continue to bless you and your ministry!  
Greta Hartmann

As usual for anything written by Beth Moore, this is an excellent read. I found it difficult to put it down until I read it all the way through. The subject matter was something that all can relate to and Beth Moore does an excellent job expressing ways to overcome our insecurities. She will make you

laugh and cry with her descriptive real life examples of the difficulties most if not all women face. Most of all, Beth Moore always inspires you to seek a deeper relation with our Lord.

Well written & a must read for any woman 25 and older. Beth touches on all areas we women have experienced at one time or another in our lives.

I loved this book. If you're considering buying this - DO IT! I don't normally say things like that in reviews, I just give my opinion. That being said, I have enjoyed this book and the insights it's brought me more than I could have imagined. Beth Moore has a gift for making this subject funny while getting to the heart of the matter. I enjoyed her style of writing, the wide array of topics she addressed within the subject of women's insecurity, and the way this book was approached. I found myself scribbling away in margins and half of the book is highlighted (I started out wanting to mark things that I could reference later and remember when I needed a boost or a reminder but that's how much I got out of it). There may be pieces of the book that don't resonate with you, but there is so much in this book I think that the vast majority of it will. Plus, her topics are addressed conversationally and succinctly so if there is a piece that isn't applicable to your particular situation, you'll hardly know it's there. Again, I think if you've clicked on this book to consider getting it even for a second, do it - you won't regret it - I was unsure and I'm so grateful I did.

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