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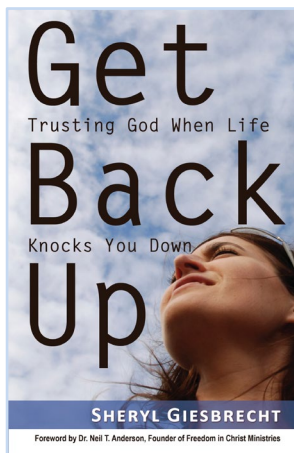


FOR IMMEDIATE RELEASE
February 19, 2021

PRESS RELEASE

Get Back Up: Trusting God When Life Knocks You Down

Author Sheryl Giesbrecht shares inspiration for overcoming the challenges of life



Seattle: Did you know it is possible to survive a freefall from the Willis Tower in Chicago or a skydive with a failed parachute? It will hurt, and it will take some time to heal, but it is possible. Our lives can be a lot like that freefall, but we can survive whatever challenges God puts in front of us if we just get back up. In **Get Back Up: Trusting God When Life Knocks You Down** (Wheatmark/March 2013/ISBN: 978-1-60494-854-7/\$ 12.95/also available in e-book), Sheryl Giesbrecht shares her personal story of triumph over tragedy to help readers understand they can not only survive their adversities, but thrive.

As much as we would like it to be, life is not always easy or fair for Christ followers. Giesbrecht learned this truth firsthand but also discovered that from the depths of past pain, it is possible to be raised up. It is possible to exchange hurt for hope. Trusting God in the midst of a life turned upside down is essential for survival, and climbing out of the pits of despair would be impossible without Him. God is capable of taking our losses and mistakes and turning them into something remarkably beautiful if we just let Him.

Giesbrecht's own story began with her conversion to Christ more than 30 years ago. Once a rebellious teenager, alcoholic and drug addict, she knows the difficulties that come with overcoming physical addictions. However, that is just the beginning of her incredible testimony of faith and resilience. A cancer survivor, Giesbrecht fought stage 4 lymphoma and knows the heartbreak of disappointment, discouragement and disease. She encourages others that they, too, can overcome. Recently widowed after 28 years of marriage, Giesbrecht has walked through the valley of the shadow of death after finding her husband immediately after a motorcycle accident that took his life. From the depths of these experiences, her desire is for believers to be set free from past hurts, to be healed and to be whole emotionally.

"Remember skinned knees and bruised elbows? Chalk up these casualties to part of the process when you learned to ride a bike or roller skate. You probably went down hard the first few times you fell, but after that, you learned to anticipate how to avoid the fall and planned ahead a little better," writes Giesbrecht. "Once you applied learned techniques, common sense and God-given intuition, you avoided falling again. We literally trip and fall as we walk through life, like toddlers who move from cruising the couch to the first wobbly steps on their own, but then—whoops!—land face-first on the floor. Adults unfortunately fall, too."

Much like a physical fall, readers will learn that it's not how a person falls that matters, but how they land. By preparing for landing—how we respond when we fall—we'll be better equipped not only to survive our fall, but thrive once we get back up. Giesbrecht also encourages readers to find opportunities to forgive in both good and bad times. With honesty and transparency, readers will learn from Giesbrecht's experiences what it takes to trust in God, no matter what life may bring.

Learn more about Sheryl Giesbrecht on her website, www.FromAshesToBeauty.com. She also invites readers to follow her on [Facebook](#) and on [Twitter \(@SGiesbrecht\)](#).

Advance Praise

"Like myself, Sheryl did not sign up for martyrdom. We were hoping for an easier road, but we were led down the road less chosen. Not too many were standing by the wayside cheering us on, but there was One who promised to never leave nor forsake us. There may be a swamp in your path of uncertain destination. This book will help you navigate your way through."

~ Dr. Neil T. Anderson, Founder and President emeritus of Freedom in Christ Ministries

"I am excited for each of you who will read this book because I have been praying with Sheryl for over twenty years that the book she carried in her heart would one day make it into print. She has always held in her heart the desire to encourage, empower and enlighten women with the tools to gain victory and move into the 'future and hope' that God promises. And she never gives up until she sees God accomplish His promises! Because of her tenacity, you and I are blessed by her words and example."

~ Pam Farrel, Co-Director of Love-Wise Ministry and Author of *Men are Life Waffles, Women are Like Spaghetti*

"If you are a child of God, you can be sure that trials are coming your way. If you need hands on, practical insight on what it looks like to get back on your feet, this book is a must-read. With transparency and vulnerability, Sheryl shows her readers how mightily God worked in the midst of her unimaginable trials."

~ Judy Hampton, Author of *When Your Plans Fall Through, Under the Circumstances, and Ready? Set? Go!*

"*Get Back Up* is a book for every woman who has ever wanted to overcome obstacles, live courageously, let go of grudges, pursue her dreams, and live a vibrant Christian life. Sheryl Giesbrecht has given us a resource that's filled with biblical truth, practical applications, poignant illustrations, and personal vulnerability. You'll want one copy for yourself and then you'll want to lead a small group through this life-changing study that includes thought-provoking questions after each chapter. *Get Back Up* will be one of your new favorites!"

~ Carol Kent, Speaker, Author of *Becoming a Woman of Influence*

About the Author



Exchanging hurt for hope is Sheryl Giesbrecht's focus—a message she shares with audiences as a radio personality, author and speaker. A dynamic teacher and motivating leader, Giesbrecht has endured many changes and challenges, moving her to a deep faith, trust and dependence on God.

She served as Focus on the Family's columnist for Pastor's Wives for four years. Hundreds of her columns, magazine and devotional articles have appeared in *Focus on The Family Magazine*, *Just Between Us*, *Discipleship Journal*, *CCM*, *Walk Thru the Bible's - InDeed* and *Tapestry* publications.

Giesbrecht's radio show, "Kindred Moments," can be heard each weekday evening and Sunday afternoons on KAXL 88.3 FM Music for Life (www.KAXL.com), and her nationally syndicated radio show, "Turn Up the Music with Sheryl Giesbrecht," is heard on numerous networks across the United States (www.KERN.com).

She also has a heart for missions and is avid about reaching out to the poor and needy, locally through the Rescue Mission and worldwide through Compassion International. Giesbrecht is also the Executive Director of International Christian Ministries (www.ICMUSA.org) and has been personally involved with equipping hundreds and facilitating the training of thousands of leaders internationally. It is a ministry in which she worked alongside her late husband, Paul.

The joys of Giesbrecht's life are her two children, son-in-law and memories of the time spent with her beloved husband. Sheryl holds a bachelor of arts from Biola University, a master's in ministry and a doctorate of theology.

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Suggested interview questions

- For most authors, one defining experience drives them to write their book. You've actually faced many obstacles that would have kept most people down for the count. Can you share with us about a difficult time in your life where you had to trust in God and *Get Back Up*?
- How did the words "love covers a multitude of sins" draw you out of a life of addiction?
- When we feel worn out and spread thin, what are some of the ways we can best rejuvenate ourselves?
- Why do you think we tend to want to handle things ourselves rather than hand our struggles over to God in times of doubt, despair and disappointment?
- How do forgiveness and letting go of grudges play into us being able to get back up?
- Survival during a physical fall is dependent more on how you land than how you fall. How can we prepare to land on our feet when we fall figuratively?
- Why do we feel we have to clean up our messy lives before turning to God? Isn't the whole point that we can come to Him as we are?
- You are the Executive Director of International Christian Ministries. Can you tell us more about what ICM does and your next mission trip?

Sheryl Giesbrechtis available for interviews to promote the release of *Get Back Up*. To request a review copy, schedule an interview or for more information, please contact Audra Jennings, audra@litfusegroup.com.