



# SHERYL GIESBRECHT TURNER

Exchanging hurt for hope is Sheryl Giesbrecht (geese-breck) Turner's focus. She served as Focus on the Family's pastors' wives columnist 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.

Sheryl has a heart for missions and is passionate about reaching the poor and needy, locally through the Rescue Mission and worldwide through various ministry partners.

## ABOUT SHERYL

- Recovered drug addict
- Stage-four cancer survivor
- Former widow
- Recipient of California Congress Recognition Award; Harvey Hall - Mayor Award; Community Service Award from Garden Pathways; Woman with a Heart for Bakersfield Recipient 2013, Nominee Bakersfield Chamber of Commerce: Humanitarian of the Year - Individual - 2020

## TELEVISION INTERVIEW: BABBIE'S HOUSE



<https://youtu.be/jD42dSFQvyc>



## EXPERTISE

- Addiction
- Trauma recovery
- Identity crisis, mental health
- Missions work, serving those in need

## CREDENTIALS

- Bachelor of Arts, Biola University
- Master in Ministry, Summit Bible College
- Doctor of Theology, Summit Bible College

## AVAILABILITY

- Sheryl is widely available for interviews & speaking engagements.
- In the Central Valley Area, on PST

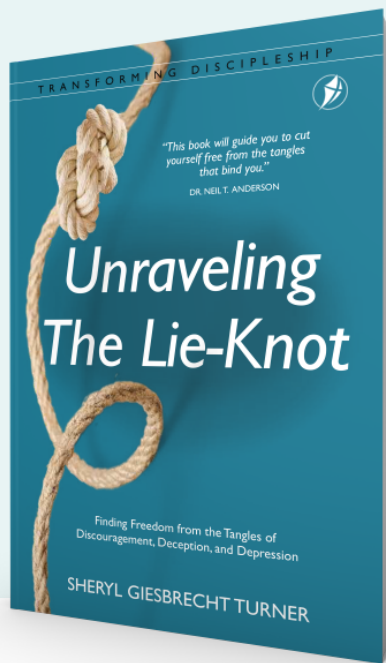
## CONTACT INFO

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## FIND HER ONLINE

- [www.sherylgt.com/media](http://www.sherylgt.com/media)
- [www.sherylgt.com/videos](http://www.sherylgt.com/videos)
- **Website:** [www.sherylgt.com](http://www.sherylgt.com)
- **Facebook:** @SherylGiesbrechtAuthor, @SherylGiesbrechtTurner
- **Twitter:** @SGiesbrecht
- **Instagram:** @sherylgiesbrecht

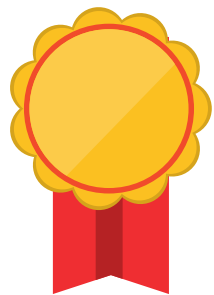
**SHERYL GIESBRECHT TURNER IS AVAILABLE FOR INTERVIEWS**



# Unraveling The Lie-Knot

## Finding Freedom from the Tangles of Discouragement, Deception and Depression

Learn how to "unravel the lie-knot." All of us are products of our upbringing and experiences and whether we realize it or not, have come to believe things about ourselves that aren't true. Those false beliefs hold us back. They are like recordings that constantly play in our minds, condemning us, accusing us, shaming us and blaming us. Is it possible to silence these thoughts that have tied us in knots for so long? Can we ever find peace?



### AWARD WINNER

2021 AWSA Christian Market Book Award / Non-Fiction

## WHAT'S IN IT FOR THE AUDIENCE?

- Readers will understand how to combat lies, come against anxiety and break through bitterness
- Identifying with Sheryl's sense of entanglement, disappointment and frustration, readers will be inspired to move through their own losses and keep turning to God and His Word for answers
- Readers will be inspired by the author's and others' healing journeys and learn to trust other believers who are walking the same direction
- Readers will be equipped with practical ways to uncover and dispel lies of deception, fears, depression and the effects of trauma.
- Help finding freedom—and avoiding being stuck, like Sheryl was, for two decades
- Help fighting anxiety, fear, depression and despair
- Help fighting the devil's temptation to feel sorry for yourself
- Help recovering from past mistakes
- Help overcoming traumatic experiences

## SUGGESTED QUESTIONS

- What is a "lie-knot"?
- Have you always been a fighter? An overcomer? Or is that something that has developed over the years? That can be developed in a person?
- How would you encourage others to begin to find the end of their "lie-knot?"
- What suggestion do you have that someone could begin to implement today to make change in their own life?
- When you talk about a person exchanging their lies for God's truth ... how does a person do that? What are the steps?
- What are your favorite passages of scriptures related to this topic?
- How does negative self-talk affect how we see ourselves and how we interact with our families and friends?

## CONTENT

- How to find freedom through forgiveness
- How to recover from addiction
- How to overcome fear, anxiety, hopelessness, depression, grief and loss
- Encouragement and hope for those in crisis
- Real life examples from Sheryl's life and the lives of others
- Finding your identity in Christ
- Discover significance, acceptance, security in Christ
- Exploring God's plans for the future

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# ENDORSEMENTS

"God is FOR YOU! And so is Sheryl Giesbrecht Turner. With clarity, simplicity and biblical wisdom, *Unraveling the Lie-Knot* hands you the road map for your path to freedom and victory."

— Pam and Bill Farrel, authors of 52 books, including the bestselling *Men Are Like Waffles, Women Are Like Spaghetti* and co-directors of 'Love-Wise'



"If you've ever experienced a traumatic event and processed it incorrectly or not at all, this book will help you to open the wound, understand and accept truth, experience healing and lead you in the direction of helping others. In *Unraveling the Lie-Knot*, Sheryl Giesbrecht Turner writes with honesty about the personal journey that set her free from discouragement, deception and depression."

— Carol Kent, international speaker and author of *He Holds My Hand: Experiencing God's Presence and Protection*

"Many of us are entertaining the lies of the enemy through negative self-talk, anxiety about the future, and worrying excessively. In *Unraveling the Lie-Knot*, Sheryl Giesbrecht Turner offers biblical truths and actionable tools to help lead you out of confusion and discouragement and into a new place of freedom in Christ. Sheryl transparently shares her own struggles with these lies and how she was able to break free. She guides you through the text as one who understands strongholds and the process of breaking them down. *Unraveling the Lie-Knot* provides an effective and systematic approach, based on the word of God, to help you unlearn the lies that are holding you back."

— Dr. Sandra Dalton-Smith, physician and author of *Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity*

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