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Von Alyssa Quilala, Chris Quilala
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ALYSSA QUILALA



Mending
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CHOOSING HOPE, FINDING WHOLENESS

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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.
LifechangingVon KundeI have not finished this book yet, but I have to say: these words have the power to change lives, just as they did with mine. Thank you Alyssa Quilala, you've got the gift of encouraging people growing into the best version of themselves.0 von 0 Kunden fanden die folgende Rezension hilfreich. Best book ever - life changingVon A. FernandesThis Book is really life changing. Alyssa Quilala describes her way out of pain, loss and deep grief to how to lead with these strong feelings and how to make it to give them to God to get healed and find total wholeness even in the midst of those strong emotions. It is written in such an easy way to read though so hardy impacting... So get this book and some tissues and you are ready to be taken to a journey that will change your life and the way to see things in another way.

KurzbeschreibungMending Tomorrow is a book about the questions of life--not the questions we ask of life, but the questions life, and the Author of life, asks of us. "How will you respond to this? What kind of person will you be?" Many of these questions we would rather not answer. We'd rather God not ask us to respond to loss, pain, betrayal, and disappointment. For author Alyssa Quilala, the hardest question to answer after the death of her baby son was, "Will you trust God?" Choosing to get up each morning and say "yes" was a daily battle, but she knew it was the battle for herself--and for all those who needed her "yes." In Mending Tomorrow, Alyssa invites you readers to join her in learning how to respond well to this and other challenging and important questions. How do you handle emotional pain? How do you overcome fear of loss or failure? How do you be yourself in a world that wants you to be someone else? How we respond is ultimately who we become. Our tomorrows will be mended, or broken, by how we answer these questions today.KurzbeschreibungMending Tomorrow is a book about the questions of life--not the questions we ask of life, but the questions life, and the Author of life, asks of us. "How will you respond to this? What kind of person will you be?" Many of these questions we would rather not answer. We'd rather God not ask us to respond to loss, pain, betrayal, and disappointment. For author Alyssa Quilala, the hardest question to answer after the death of her baby son was, "Will you trust God?" Choosing to get up each morning and say "yes" was a daily battle, but she knew it was the battle for herself--and for all those who needed her "yes." In Mending Tomorrow, Alyssa invites you readers to join her in learning how to respond well to this and other challenging and important questions. How do you handle emotional pain? How do you overcome fear of loss or failure? How do you be yourself in a world that wants you to be someone else? How we respond is ultimately who we become. Our tomorrows will be mended, or broken, by how we answer these questions today.ber den Autor und weitere MitwirkendeAlyssa Quilala is a wife, mom, minister, and fitness instructor. She and her husband Chris Quilala, lead singer for the worship band Jesus Culture, are the parents of Ella and Aria and overcame the unexpected stillbirth of their son, Jet, whom she carried in pregnancy for almost nine months. During the writing of this book, Alyssa and Chris received the news that they are pregnant with their fourth child. Alyssa is actively involved in ministry at her home church, Jesus Culture Sacramento. Along with being an ordained minister, Alyssa is also certified in Pilates, Barre Training, Spin Bike, and Group Fitness Training. Alyssa is passionate about living out a healthy way to express emotions, and helping others overcome traumatic experiences with biblical tools. She believes that both physical health and emotional health are crucial parts of living a whole and happy life in Christ.