

REDEMPTION
PRESS 
Marketing Copy Package

Project Title: *Transformed, Not Conformed: Embracing a Life-Changing Approach to Spiritual Habits.*

Author: Missy Eversole

I. Back Cover Copy

Have you ever wondered what would happen if you set aside the pressures of the world and focused back on the time when you first became a believer?

What might happen if we placed our value in Christ instead of our to-do lists, accomplishments, and social media image? Missy Eversole invites you to do just that in *Transformed, Not Conformed: Embracing a Life-Changing Approach to Spiritual Habits*.

Filled with honest personal stories and relatable examples from Scripture, *Transformed, Not Conformed* offers

- a respite from society's demands to be Pinterest perfect, using a fresh approach to spiritual habits;
- ways to create habits of Bible reading, meditation, prayer, silence, solitude, and fasting that you can stick with;
- benefits of connecting with God through journaling and worship.

Drawing from the hills and valleys of her own transformation journey, Missy paves the way to ignite (or reignite) a love for Christ and a hunger for Him that is truly life changing.

II. Author Bio

Missy Eversole is a wife, a mom of two sons, an author, and a speaker. She and her husband, Craig, have been married for twenty-one years and live in Morton, Illinois. Missy earned a BS in journalism from Ball State University and spent five years working for IDG Books Worldwide (now known as Wiley) in their special projects department.

In 2018, she launched a blog to encourage women to live audaciously for Christ. She volunteers as a contributing writer for Proverbs 31 Online Bible Studies and is a member of the volunteer leadership team for COMPEL. She is also part of Hope Writers, and the She Writes for Him Tribe. When she isn't writing, Missy enjoys reading, digging deep into God's Word, and Chick-fil-A sweet tea. She writes about her faith and family on her blog, MissyEversole.com. In October of 2021, she released her first book, *Transformed, Not Conformed: Embracing a Life-Changing Approach to Spiritual Habits*.

III. Website Book Description Copy

Filled with honest personal stories and relatable examples from Scripture, *Transformed, Not Conformed* offers a respite from society's demands to be Pinterest perfect, using a fresh approach to the spiritual disciplines. In addition to helping you create habits of Bible reading, meditation, prayer, silence, solitude, and fasting that you can stick with, Missy highlights the benefits of connecting with God through journaling and worship. Drawing from the hills and valleys of her own transformation journey, Missy paves the way for igniting (or reigniting) a love for Christ and a hunger for Him that is truly life changing.

IV. Short Author Bio

Missy Eversole is a wife, mom of two sons, an author, and a speaker. She and her husband, Craig, have been married for twenty-one years and live in Morton, Illinois. Missy shares her love for digging deep into God's Word as a contributing writer for Proverbs 31 Online Bible Studies. She is the author of *Transformed, Not Conformed: Embracing a Life-Changing Approach to Spiritual Habits* and writes about her faith and family on her blog, MissyEversole.com.

V. Pull Quotes

“From the moment we accepted Christ as our Lord and Savior, we've been on a spiritual transformation journey.”

“What would you say if I told you that you can still reignite your love for Christ again? No matter all that we've been through, the Lord is waiting with open arms.”

“Time works against us in our physical appearance, but time works for us in our spiritual transformation.”

“God isn't sitting on His throne in Heaven looking down on us with judgment. He yearns for communication from His children, and that's exactly what prayer is; a daughter talking to her Father.”

“The enemy wants nothing more than to distance us from our Heavenly Father.”

“The more we open up our Bibles and study the Word, the more we will know God and the forgiveness and unconditional love He has for us.”

“We are surrounded by noise 24/7. With the internet and social media at our fingertips, we are often bombarded with instant notifications that interrupt us amid our daily tasks. That is why silence and solitude is more critical than ever these days.”

“If our Savior made it a priority for quiet time with the Father, then what excuse do I have not to have quiet time with Him?”

“Finding rest for your weary soul is something that needs to be routinely practiced.”

“As you begin practicing spiritual habits, you will be transformed, and people will start to notice.”

VI. SEO Elements

Spiritual growth

Spiritual disciplines

Spiritual habits

Developing a consistent prayer life

Developing a consistent quiet time

Reading the Bible consistently

Where to start when reading the Bible

Christian life

Growing in Christ

Busy Christian mom

Too busy to read the Bible

Too busy to pray

Christian books

Books for new believers

Books on maturing in the faith

Silence and solitude



FOR IMMEDIATE RELEASE
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AUTHOR OFFERS A FRESH APPROACH TO SPIRITUAL DISCIPLINES

At the height of the pandemic, Athletes in Action offered struggling students a valuable resource titled “7 Disciplines to Practice During a Pandemic.” It pointed out that “without discipline and structure, this time can easily be wasted and you could be missing out on opportunities to spend time with God and experience His transformative grace.” The online ministry tool acknowledged the loss of canceled sports seasons while also encouraging young men and women to use the extra time to grow in their relationship with God through journaling, patience, devotional reading, scripture memorization, prayer, solitude, and fellowship.

Author Missy Eversole learned the power of drawing close to Christ through spiritual disciplines during a very different season of stress. At the time, she was a frazzled busy mom who loved Jesus but struggled to find time for Him between school pickups, soccer practice, and everything she’d said yes to.

“For years, I carried a small, compact Bible in my purse, intending to read it during downtimes, such as in the pickup line while waiting for my children to exit the school building. Instead, it had become another object that I transferred from purse to purse.” One day while waiting for her sons in the school parking lot, she reached for her phone and felt God nudging her to grab her Bible instead. That was the first step of a journey toward embracing disciplines that transformed her life. She shares what she gained in her new book, *Transformed, Not Conformed: A Journey to Embracing a Life-Changing Approach to Spiritual Habits*.

Filled with honest personal stories and relatable examples from Scripture, *Transformed, Not Conformed* offers a respite from society’s demands to be Pinterest perfect, using a fresh approach to the spiritual disciplines. In addition to helping women create habits of Bible reading, meditation, prayer, silence, solitude, and fasting that they can stick with, Missy highlights the benefits of connecting with God through journaling and worship. Drawing from the hills and valleys of her own faith journey, Missy paves the way for igniting or reigniting a love for Christ and a hunger for Him that is truly life changing.

*From “7 Spiritual Disciplines to Practice During a Pandemic” by Holly Murry, Athletes in Action. Found on <https://athletesinaction.org/articles/7-spiritual-disciplines-to-practice-during-a-pandemic/> on April 6, 2021.

ABOUT THE AUTHOR

Missy Eversole is a wife, mom of two sons, an author, and a speaker. She and her husband, Craig, have been married for twenty-one years and live in Morton, Illinois. Missy shares her love for digging deep into God's Word as a contributing writer for Proverbs 31 Online Bible Studies. She is the author of *Transformed, Not Conformed: Embracing a Life-Changing Approach to Spiritual Habits* and writes about her faith and family on her blog, MissyEversole.com.

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Suggested Interview Questions

1. What do you consider the difference between spiritual disciplines and spiritual habits?
2. Why do you think it is so difficult for believers to develop spiritual habits and stick with them?
3. Of all the spiritual habits that you recommend in *Transformed, Not Conformed*, which one has had the most profound impact on your life? Which spiritual habit is the most challenging for you?
4. Which habits do you believe are the most neglected? Why do you think this is?
5. You accepted Christ as a young adult after growing up in "a mixed religion family." How has your view of God changed throughout your life, and especially since developing habits of prayer and Bible reading?
6. In your book, you share a great story about how you got inspired to read your Bible while waiting for your kids in the school parking lot. What other creative ways have you come up with for finding time to pray or connect with God?
7. You spend a lot of time addressing our identity in Christ in your book. Why do you think believers struggle with this so much? Do you think women struggle more in this area?
8. Many women lead such busy lives. What would you say to that mom who tells you, "I don't have time to read the Bible"?
9. Which spiritual habit would you encourage a person to adopt first? Why?