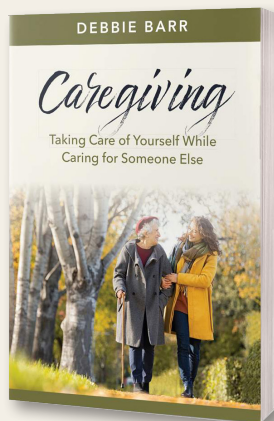


PRESS KIT

DEBBIE BARR

Powerful self-growth & recovery topics made simple: easy to read, visuals, and practical tips from Debbie Barr!

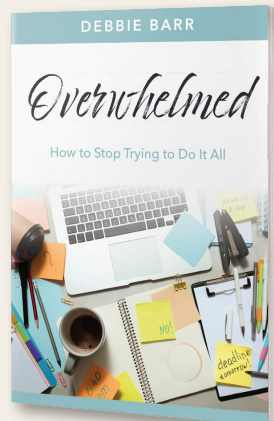
With a blend of wisdom, practical strategies, and heartfelt inspiration, these four books are your guides to personal growth, empowerment, and living out God's destiny for you. Dive into Debbie Barr's series and unlock the potential within you.



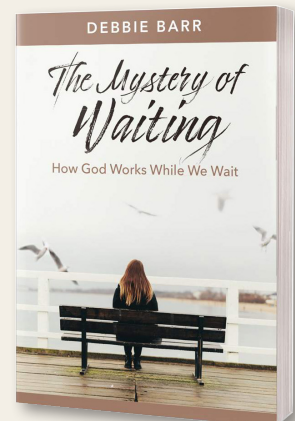
Caregiving
ISBN: 9781496483515



Forgiveness
ISBN: 9781496483560



Overwhelmed
ISBN: 9781496483669



The Mystery of Waiting
ISBN: 9781496483614



Debbie Barr

Debbie Barr is an author and speaker with a passion for encouraging people to engage deeply with God as they journey through tough times. She earned her bachelor's degree in journalism from the Pennsylvania State University and her master's degree in health education from East Carolina University. A master certified health education specialist (MCHES®), Debbie is especially interested in health and wellness, health literacy, and Christian growth. She lives in Bermuda Run, North Carolina.

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You can visit Debbie online at
www.debbiebarr.com

SPEAKING & MEDIA

Topics: Personal growth, life counseling

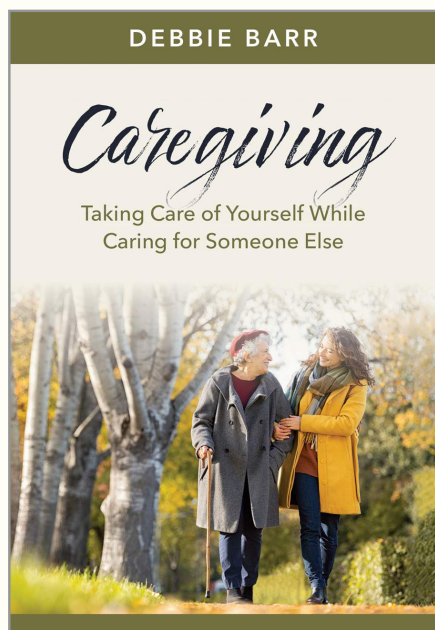
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Articles: <https://forsythwoman.com/author/debbie-barr/>

Speaking Engagements &
Media Inquiries
Debbie Barr
debzzmail@gmail.com

Radio & Podcast
Don Otis
Veritas Communications
don@VeritasIncorporated.com

Featured Books by Debbie Barr



Softcover | B&W | 112 pages
ISBN: 9781496483515

"Caregiving can be an expression of the love that the Bible calls hesed (HEH-sed). Hesed is love in action: a beautiful blend of love and loyalty, a faithful love that can be counted on."

— Debbie Barr, *Caregiving*

CAREGIVING BY THE NUMBERS*



1 out of 5
Americans is now a caregiver

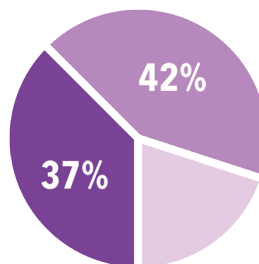


Out of **100 caregivers 25-50**
have reported being depressed



Nearly **9 out of 10** caregivers provide
care for an adult relative

THE GOOD NEWS ABOUT CAREGIVING



37% of caregivers
feel pride all the time

42% of caregivers
feel pride often

Caregiving | Taking Care of Yourself While Caring for Someone Else

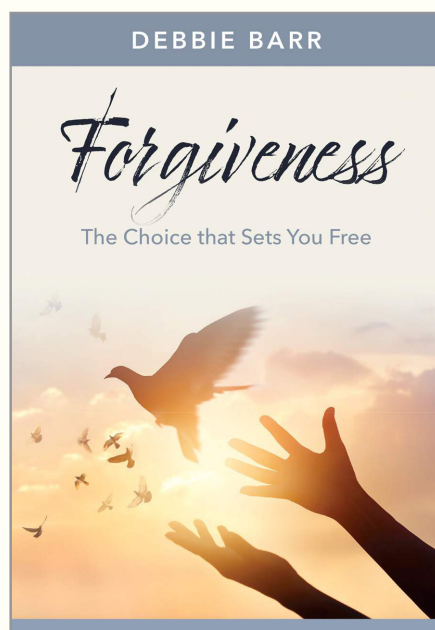
Packed with practical advice, diagrams, statistics, photos, quizzes, and scannable outlines, this compact guide to caregiving is easy to read and gives you key information at a glance. Get expert knowledge distilled into easy-to-follow steps and apply them immediately to refresh and recharge your caregiving journey.

Enjoy having:

- Trustworthy advice for both seasoned and new caregivers (and everyone in between)
- A "scale of burden" quiz to assess your current level of self-care
- 12 signs of stress and specific steps to manage them (PLUS: 3 happiness boosters for caregivers)
- How to build a caregiving team: step-by-step instructions to get help (and exactly what to say)
- And much more!

* These numbers are from Caregiving in the United States 2020 and Executive Summary. The caregivers of special needs adults number is from the 2019 C.A.R.E. Study. Caregiver age numbers are from Distribution of Informal Unpaid Caregivers Between 2015 and 2017 by age, Statista, <https://www.statista.com/statistics/1109910/share-of-informal-unpaid-caregivers-in-the-us-by-age>.

Featured Books by Debbie Barr



Softcover | B&W | 112 pages
ISBN: 9781496483560

"Forgiveness is above all a personal choice, a decision of the heart to go against the natural instinct to pay back evil with evil."

— Pope John Paul II

WHAT HAPPENS WHEN WE FORGIVE —AND WHEN WE DON'T



A Mayo Clinic article* affirms how unforgiveness negatively impacts your health, noting that an unforgiving person might:

- bring anger and bitterness into new relationships and experiences
- become so wrapped up in the wrong that they can't enjoy the present
- become depressed, irritable, or anxious
- feel at odds with their spiritual beliefs
- lose valuable and enriching connections with others



A 2022 NIH study on forgiveness found **76%** of participants reported that "they were deeply hurt by the offense (either a great deal of hurt or much hurt), **20%** of them some hurt, and **5%** of them a little hurt.

Forgiveness | The Choice that Sets You Free

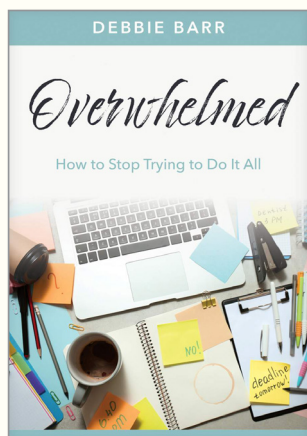
Forgiveness is one of the most difficult things you may ever have to face. But it's also one of the most important and rewarding things you can do. Packed with practical advice, helpful visuals, scannable outlines, and encouraging scriptures, *Forgiveness* is an all-in-one resource to get you started on your forgiveness journey today! This book will help you:

- Understand what forgiveness really is (and what it's not)
- How to know when you've truly forgiven someone
- Find hope and empathy for a hardened heart
- And much more!

Making the brave choice to forgive can benefit us in amazing ways—in fact, it sets us free! Even more amazing is the mysterious fact that God can bring something good out of even your most painful wounds.

* "Forgiveness: Letting Go of Grudges and Bitterness," Mayo Clinic, November 22, 2022. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692>

More Books Coming Soon from Debbie Barr



AVAILABLE: OCTOBER 2024
Softcover | B&W | 112 pages
ISBN: 9781496483669

*"When I am overwhelmed,
you alone know the way
I should turn."*

— Psalm 142:3 (NLT)

THE EPIDEMIC OF OVERWHELM*



Around **7 in 10 adults (72%)** have experienced additional health impacts due to stress, including: **feeling overwhelmed (33%)**, experiencing **changes in sleeping habits (32%)**, and/or **worrying constantly (30%)**



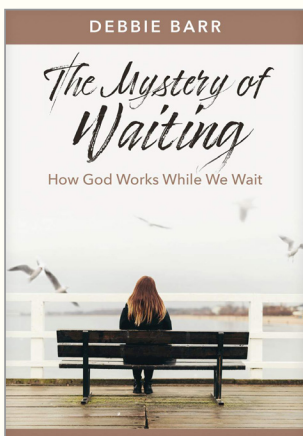
Overwhelmed | How to Stop Trying to Do It All

We're overwhelmed by:

- Too much information. Hundreds or thousands of pieces of information each day from emails, texts, advertisements, junk mail, voice mail, websites, and news.
- Too much stuff. Stuff we must insure, keep clean, update, polish, paint, maintain, organize, and/or store, to the point that stuff becomes more of a burden than a blessing.
- Too much tragic news. We're "wired" to cope with trauma a few times a year; now we do so continually.

This book's mission is to guide readers to refocus on what matters most—the "good works which God prepared in advance" for them to do (Ephesians 2:10). The book urges readers to set priorities consistent with their purpose, set boundaries to protect them, and use their time and talents to do meaningful, enjoyable work that also brings glory to God.

*Source: <https://www.apa.org/news/press/releases/stress/2022/concerned-future-inflation>



AVAILABLE: OCTOBER 2024
Softcover | B&W | 112 pages
ISBN: 9781496483614

*"The Lord is good to those
who wait for him, to the soul
who seeks him."*

— Lamentations 3:25 ESV

HOW SHOULD WE WAIT ON GOD?

Waiting on God is never a waste of time.

As long as we're still waiting, God is still working, and always for our good. **Can how we wait play a role in how long we wait?**

Which aspects of this waiting on God chart do you think are most important for you?



The Mystery of Waiting | How God Works While We Wait

The truth is, whenever you are in a season of waiting, God is working in ways you can't see. The book provides some clues about the "why" of waiting:

- Six possible reasons why God may make you wait
- What nature teaches us about waiting
- Examples showing that throughout history, God has always asked his children to wait.
- The story of Lazarus: proof that God doesn't make us wait just because he can! When God forces us to wait, it is for a reason.



Shop the Debbie Barr Collection

Debbie Barr's books are a roadmap to empowerment, offering wisdom, encouragement, and actionable insights for a fulfilling life. Join the movement toward self-discovery and transformation with this empowering series.

Rose Publishing is proud to announce that Debbie Barr books are now available to purchase on our website: www.hendricksonrose.com/authors/debbie-barr

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