

New Book Release by Author, JJ Gutierrez - CHICKENING IN, from "Fear to Courageous Faith" - Now Available

The debut book by California Author, JJ Gutierrez, is now available on Amazon, Barnes & Noble and also may be purchased directly from her website: www.ChickeningIn.com.
Download a free excerpt from her website.

IN **chickening** ~~**OUT**~~

From **FEAR** to Courageous **FAITH**

8 Pillars of TRANSFORMATION

JJ Gutierrez

Los Angeles, Mar 24, 2020 (Issuewire.com) - Chickening IN from **FEAR** to Courageous **FAITH**

Chickening IN is an invitation to a lifestyle of courage and faith. It's a journey of loosening the power of fear over our lives in practical and manageable ways. With the *8 Pillars of Transformation* as our guide, we will equip ourselves to overcome fear and walk in faith like never before.

- **Identify the roadblocks** that prevent courageous forward movement.
- **Learn the art of calculated risk-taking** to reduce risk anxiety.
- **Create action plans** to overcome fear and doubt.
- **Learn to face your fear** through the stories of people (just like us) in the Bible.

Pre-order NOW — [AMAZON](#) • [BARNES AND NOBLE](#) Sometimes a single word or phrase has the power to change the course of our lives, and **Chickening IN** is that word for me. A silly twist on a common idiom spoken by my six-year-old daughter that propelled me to stop living in fear and to start living in faith. Like the flip of a switch, **Chickening IN** created an epiphany or "God Moment." Where there was hopelessness, fear, and doubt...now there is newfound hope, courage, and strength. **But Chickening IN is not just for me...It's for you too because fear is an emotion experienced by everyone.** We live in an unpredictable and uncontrollable world where things change often, and fear can plant itself deeply within our hearts. **Chickening IN** is a practical approach to defeating the fear and doubt that is preventing us from becoming brave, bold women of God. **Do you long to overcome the fear and doubt that is sabotaging the life God has for you?** Are you ready to grow in courage and put feet to your faith? You've come to the right place! I'd like to invite you to join me on a transformation journey to stop chickening out and start **Chickening IN**. By accepting my invitation you will embark on the land of transformation. A place where fear-filled lives can be reconstructed into courageous faith-filled lives. **Chickening IN** will require hard work and honest assessment, but I will lead you to step by step through the *8 pillars of Transformation* that have changed my life and that can change your life too! The 8 Pillars of Transformation

- *Facing Fear*
- *Stepping-up to the Plate of your Life*
- *Taking Calculated Risks*
- *Traveling Unknown Roads*
- *Embracing your Uniqueness*
- *Pursuing your Dreams*
- *Doing it Afraid*
- *Faith the Difference Maker*

"God certainly has a sense of humor because I struggle with fear daily, and it was my 6-year-old daughter who gave me this phrase...a new twist on an old idiom. God was also gracious because he knew I had been struggling with a VERY BIG, life-changing decision that I had attempted to make multiple times. The kind of decision that gives your stomach butterflies; both excitement and anxiety at the same time. The kind of decision that requires a leap of faith into unknown territory. I was sitting at Panera Bread with my daughter and her tutor. I was explaining to the tutor that I was afraid of making this life-changing decision and with a concerned tone I said, "I chickened out again!" We both giggled, knowing life decisions are difficult. From across the table, a sudden, confident, matter of fact voice

came from my daughter and said, "Chicken IN mom, just Chicken IN!"

Are you in need of a transformation? Do you desire to be a brave, bold woman of God? *Chickening IN* will equip you to make the U-turn from living in fear and doubt to living courageously by walking in faith and trusting God like never before! **Get a FREE advanced copy of chapter one by clicking the link below.** [Click Here for the First Chapter](#)

JJ Gutierrez is a corporate career woman turned homeschool mom, writer, speaker and soon to be a podcaster. Married for 24 years with three girls...two adults daughters and 10-year-old Hope, the mastermind behind ***Chickening IN***. JJ has a passion for seeing women grow in courage and faith, and often you can find her starting a new small group ministries. JJ loves her German Shepherd- Bella and most days you'll find her sipping a glass of freshly brewed ice tea.

About JJ:

"I am a woman who was overcome by her past. I am a woman who has struggled to find my identity, value, and significance. Anxiety was my secret lifestyle. On the outside, I appeared to be a successful Christian wife and mom with a great business sales career, but on the inside, I silently battled worry, doubt, and significances. My childhood was difficult. My mother attempted marriage many times, but never found the forever spouse and that had a profound impact on identity and worth. An impact that I would have to break free from.

The inner battle to find meaning, purpose, and identity intensified as I got older. The ideal life became my unobtainable goal, and that led to more anxiety as I fixated on controlling the uncontrollable. Then my marriage...it has always been hard for me. We both brought baggage, and the first 10 years of our marriage was deeply painful. It would take years just to regain back my self-worth and self-esteem. Only God could heal and restore my marriage.

I wanted desperately to rid myself of this anxious, fearful lifestyle, but I knew no other life...it was familiar and even normal to me. My inner world was massive, loud and lonely. Jesus, my Savior, didn't give me instant healing, but He began to lead me on a journey to discover my true identity. Uncovering one lie at a time and replacing it with truth...that has been the catalyst to reclaiming my life and overcoming my anxiety.

Yes, it is true I am a wife, a mother, a sister, a daughter, a friend, a writer, a bible student, a homeschool teacher, a business career woman, a group leader and a woman overcoming anxiety and fear...but when all is stripped away and I am alone with myself the only "who" I am that matters is the "who" I am that God says I am. And God calls me His child. I've known it for years, but it's taken walking on this long, steep, stormy road with Him to truly comprehend and digest how marvelous it is to be a child of God.

*With Christ I am strong and brave. With Christ I am no longer defined by my childhood, my marriage, my shortcomings, or who the world says I am. I am simply loved. It is His love for me that has given me the strength to walk forward, confront my anxiety head-on, face my fears and pursue the dreams God built into my DNA. So while there are many details of life that describe me, they are not who I am...for **who I am is summed up in six words: A child of the Living God.**"*

Media Contact

Sevilla Local Media

jj@chickeningin.com

(916) 214-8625

Source : Chickenin In

[See on IssueWire](#)

