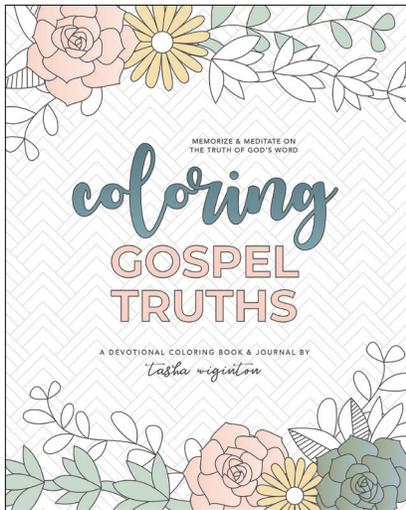


Coloring Book Creator to Stressed Christian Women: ‘Self-Care Isn’t Going to Satisfy Your Heart’

Author tells women there’s more to finding rest than a glass of wine and a night out

Christian women are overwhelmed, stressed out, and buying into the largely secular idea that prioritizing “self-care” will relieve that stress. Unfortunately, the peace that comes from this kind of comfort is often short lived and won’t carry them through the ups and downs of everyday life. It takes more than a gym membership, alone time, or even well-meaning affirmations from Proverbs 31 to deeply satisfy the longing in their hearts.



Paperback; 198 pages
\$22.99; July 2019
978-0-578-52057-5

Tasha Wiginton, an author, creator and mother of three, shares this much-needed message as well as practical application in her newest release, ***Coloring Gospel Truths: A Devotional Coloring Book and Journal***. The book features 31 carefully selected, theologically-rich Bible verses to color and memorize, along with a devotional and journaling prompts for each, with the ultimate goal of leading women to spiritual rest. *Coloring Gospel Truths* offers women something they can’t get anywhere outside of God’s Word – a firm foundation to anchor their hopes, particularly in seasons of stress and anxiety.

Wiginton’s message to struggling Christian women is simple: “Your faith can’t survive on a pick and choose style of reading the Bible. I know because I’ve tried it and found my faith was severely deficient because of it.” Wiginton openly admits that her southern roots and reliance on secondhand truths once shaped her view of God more than the Bible itself. “Thankfully, as I sought God regularly, He began showing me the necessity of knowing His Word and the discipline of memorizing Scripture. Now that I have God’s Word hidden in my heart, I am experiencing rest even as I’m navigating the busy, stressful seasons of life.”

Wiginton’s book capitalizes on the adult-coloring craze, not only with its spiritual focus, but also with the addition of a devotional and journal component. As a result, readers get three resources in one, all designed to help women experience and interact with Biblical truth.

“I want to encourage you to experience a broad range of Scripture in a meaningful way,” Wiginton says. “When we consider all that the Bible says, we have a greater understanding of who God is and who we are in Him. True rest is found in fully knowing and trusting Him!”

Coloring Gospel Truths: A Devotional Coloring Book and Journal is available for purchase on Amazon and at tashawiginton.com. To schedule an interview, please contact Tasha directly via her website.