

Sherry Carlson

Living the Life You Long For

AUTHOR

SPEAKER



Background

Sherry has been trained by Carol Kent's *Speak Up With Confidence* original and advanced seminars and at Lysa TerKeurst's *She Speaks* Conference. A retired school teacher from the Midwest, she is married to George and has three adult children and eleven grandchildren... and GRAND it is!

Sherry wrote her first book, *Do You Want To Be Made Well? Finding Freedom to Live The Life You Long For* in 2023 after submitting to a few years of counseling. She used her busy lifestyle as an escape from facing her broken life. The running stopped when she could no longer pick herself up by her bootstraps and, with the Lord's guidance and professional help, found the life she longed to live.

LIVING THE LIFE YOU LONG FOR

Jen, my counselor, asked a loaded question one day as I sat in her office. She even wrote it on a yellow index card for me to take home as a reminder. The question was, "Are you living the life that longs to live in you?" I told you it was a bit packed. I knew my answer was no. My mind was consumed with trying to be what everybody needed from me or what I thought they wanted. My enabling and boundaryless life did not measure up to a longing by any means. Because of my limiting beliefs and self-defeating thoughts, I settled for less than God promised. It was time to get well.



Benefits

- break toxic cycles and develop the confidence to build better relationships and an improved you
- create space from the busyness of life to experience a body, soul, and spirit connection
- discover the depth of forgiving wounds and pain of the past to understand true freedom
- recognize the triggers that can take you where you don't want to go and respond in a healthy way



Contact Information



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**A GREAT STORYTELLER... AN EXCELLENT COMMUNICATOR...
CAPTIVATING CONTENT**