

Laura Acuña

still BECOMING



Hope, Help, and Healing
for the Diet-Weary Soul

**I am not dieting; I am healing.
I am STILL BECOMING the woman
He created me to be.**

Tired of the dieting roller coaster? After years of losing weight and gaining it all back, have the empty promises made by the dieting industry left you frustrated?

Laura Acuña understands. She lived the cycle of shame and defeat for almost 50 years ... until the Lord set her free.

Still Becoming is a 31-day devotional journal that takes you on a sacred journey where you'll discover true freedom and that healing and peace have nothing to do with a number on the scale.

Join Laura and learn to re-think your struggles with disordered eating, body image and dieting through the lens of self-compassion and God's grace.

PRODUCT DETAILS

Trade Paper ISBN
978-1-949856-79-8

eBook ISBN: 978-1-949856-80-4

Trim Size: 6" x 9", 152 pp.

Publish Date
December 2022

AN EXERPT FROM **STILL BECOMING**

I was tired. I was weary. I was sick of it. I told God, "Lord, I would rather stay at the weight I am today than to keep losing and gaining it all back again."

I meant every word and syllable. It broke my heart to pray that prayer, but I was done.

I'd been dieting for almost five decades. For the life of me, I couldn't make my body cooperate with the scores and scores of diets I had attempted over all those long years.

It went like this: I lost the weight. I gained it back. Shame piled on. Lose the weight. Gain, Shame. Repeat.

Sound familiar?

What if I told you there's a better way?



MEET THE AUTHOR

Laura Acuña is a speaker, author, Bible teacher, podcast host and coach. She's served as a women's ministry leader for over 22 years. A graduate of Liberty University, she earned a degree in Christian Counseling and a minor in Biblical Studies. She's the co-founder of Sisters In Faith Ministries, a non-profit ministry to women in the Damascus, Maryland, area. Married to Pat, the two are the parents of three sons, and one daughter-in-love. They became first-time grandparents to Evelyn Grace (finally a girl!) in July 2021.

Laura challenges her sisters to grow up to become spiritually and emotionally mature. Her new book **Still Becoming: Hope, Help and Healing for the Diet-Weary Soul** was published in December 2022.



Laura-Acuna.com

email: Laura@Laura-Acuna.com

PUBLISHED BY



BROOKSTONE
PUBLISHING GROUP

Laura is available for interviews and can speak to:



- Her own story of gaining one hundred pounds as an eleven-year-old and finally being set free fifty years later.
- How to re-think your thinking regarding food, body image and dieting through the lens of self-compassion, God's grace and His word.
- The surprising truth that you can be free from food and body image issues before ever losing a pound.
- Why so many women who struggle with these strongholds need to recover their voice.
- The importance of learning to show up as your true female self and being comfortable in your own skin.
- How to walk away from what has never worked and embrace the important mind-shift of accepting you need God's healing instead of relying on dieting to fix what is broken inside.
- Why rejecting shame in all of its forms is crucial for healing and peace.
- The importance of stopping legalism (fire the food police!) regarding what you eat and how you treat your body.
- Our culture's negative view of a woman's aging body and how, as Christians, we can resist falling for this toxic and impossible standard.

Suggested interview questions are available upon request.



ENDORSEMENTS

Still Becoming offers the freedom we've all been looking for. Steeped in scripture and wrapped in wisdom, each day's reading takes us one step closer to embracing a vital truth: our loving God created us to be healthy and whole. Prepare to breathe a deep sigh of relief, sisters. Hope is here!

Liz Curtis Higgs | best-selling author of *Bad Girls of the Bible*

Are you tired of dieting? Gaining. Losing. Gaining. Losing. It can feel like a discouraging, demoralizing, and destructive collision course. Next comes guilt, followed by shame – and the cycle continues. In this honest, well-written, thirty-one-day devotional, Laura Acuña offers biblical, practical, and transformational help. This is the resource you've needed to begin embracing a grace-filled, joyful life.

Carol Kent | executive director of *Speak Up Ministries*; author of *He Holds My Hand*

When you read *Still Becoming*, you will meet a tender, faithful friend. That's who Laura Acuña is! In this wonderful devotional, she will give you the understanding of a trusted sojourner and the counsel of a very wise mentor! So read, enjoy, become, be blessed!!!

Jan Silvious | author of *Courage for the Unknown Season*



To book Laura for an interview, contact her at Laura@Laura-Acuna.com

Laura-Acuna.com

