

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

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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, 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-law. They became first-time grandparents in July 2021.



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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 definitely stuck a chord with me... your message of giving up shame for self-compassion and grace will resonate with a lot of women. I feel a connection with your story and have not found that with anyone else.

Still Becoming webinar attendee

The **{Still Becoming}** material is some of the best I have ever encountered!

Still Becoming webinar attendee



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