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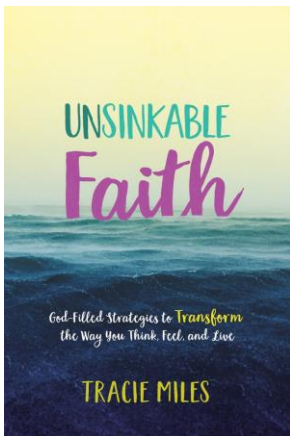


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PRESS RELEASE

Transform the way you think, feel and live

Tracie Miles helps readers develop an unsinkable faith through all circumstances



Seattle: Thoughts are powerful and at times cause us to feel and act in ways we wouldn't normally. In fact, they can become so powerful that if left unchecked, they end up controlling us rather than the other way around. When our thoughts and feelings are largely negative in nature, those pessimistic ideas infiltrate our lives — and our faith — making it increasingly difficult to live with joy. In ***Unsinkable Faith: God-Filled Strategies to Transform the Way You Think, Feel, and Live*** (David C Cook/April 1, 2017/ ISBN: 978-0781414364/\$16.99), **Tracie Miles** offers practical, life-changing strategies for those who struggle with negativity, leading them to discover how the transforming of their minds can transform their lives.

For some individuals, remaining optimistic about life and feeling positive about themselves are a constant battle. It may even become a battle that seems hopeless, particularly when life is hard and circumstances are difficult. For others, negativity is something that sneaks up from time to time, catching them off-guard. In either case, once dark thoughts permeate the mind, it becomes challenging to see the light. Even with the knowledge that negativity doesn't come from God, it's difficult to escape wondering, *Is it possible to develop an unsinkable faith that carries us through life with a hopeful, positive attitude, no matter what?*

In the midst of a painful divorce, Miles was faced with a barrage of negative self-talk. As she cried out to God through her pain, she sensed Him drawing her nearer. "It was a turning point for me to lean harder into Jesus instead of letting this situation shake my faith," Miles remembers. "I invited Him to help me transform my thoughts from negative into positive so I could transform and reclaim my life."

Each chapter of *Unsinkable Faith* explores personal stories from Miles and others, showing how they were able to rise above their circumstances by transforming and renewing their minds. These inspiring stories illustrate when a person's thoughts and attitudes improve, their lives do too — even if the circumstances remain the same.

Unsinkable Faith is filled with Biblical wisdom and insight as well as recent scientific findings in support of what Scripture has said all along: It is possible to transform our lives by transforming of our minds. Romans 12:2 says, "Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out" (The Message).

Each chapter comes to a close with "Strategies for Transforming Your Thinking," which includes a section for mind-transforming personal reflections that will help the reader begin to identify their thinking habits and practically implement tools for positive thinking into their own lives. Also included are mind-renewing scriptures and a powerful Chapter Challenge to empower the reader to change from the inside out. *Unsinkable Faith* will inspire readers to embrace God's truth as they discover His tools for a more positive and optimistic outlook. Rather than sinking mentally, emotionally and spiritually, God's truths and a positive mindset make it possible to live a life of joy, peace and happiness.

Learn more about Tracie Miles and *Unsinkable Faith* at www.traciemiles.com, on [Facebook](#) ([p31traciemiles](#)) and via [Twitter](#) ([@traciewmiles](#)).

Advance Praise

"When life has beaten you down, *Unsinkable Faith* will pick you back up and strengthen your heart for the journey God has called you to."

~ Lysa TerKeurst, *New York Times* bestselling author and president of Proverbs 31 Ministries

"In *Unsinkable Faith*, Tracie vulnerably shares through her own story how we can break through the stronghold of negativity in our lives by fighting for control of our thoughts and emotions to live a more positive, victorious life!"

~ Michelle L. Bengtson, PhD, neuropsychologist and author of *Hope Prevails*

About the Author



Tracie Miles is passionate about inspiring women to deepen their relationship with Christ, discover their God-given purpose and always live a life of joy, peace and happiness despite their circumstances. She is a speaker and writer with Proverbs 31 Ministries and enjoys sharing at women's events around the country. Her contributions to the Proverbs 31 Encouragement for Today daily devotions reach more than one million women with God's Word.

Miles is the author of two best-selling books, *Stressed-Less Living: Finding God's Peace in Your Chaotic World* and *Your Life Still Counts: How God Uses Your Past to Create a Beautiful Future*. She is also a contributing writer to Zondervan's *NIV Women's Devotional Bible* and the Proverbs 31 Encouragement for Today daily devotional book. Miles' latest release is *Unsinkable Faith: God-Filled Strategies to Transform the Way You Think, Feel, and Live*.

Miles lives in Charlotte, NC and is a devoted mother to three incredible young adults.

Keep up with Tracie Miles by visiting www.traciemiles.com, following her on [Facebook \(p31traciemiles\)](https://www.facebook.com/p31traciemiles) or via [@traciemiles](https://twitter.com/traciemiles).

Suggested interview questions

- Your new book, *Unsinkable Faith*, opens with details about a difficult conversation you had with Jesus. What led up to that conversation, and how did it lay the foundation for this book?
- Our thoughts can cause us to feel as if we're sinking and can often sink our faith as well. When this happens, how can readers who find themselves feeling as if they're drowning in their problems and negative thoughts learn to stay afloat?
- How does negativity become a stronghold in our hearts, and what are the consequences?
- Aren't some people simply "wired" to be more pessimistic or optimistic than others? What encouragement do you offer to those who find it more challenging to think positively?
- What type of person will benefit from reading *Unsinkable Faith*?
- You write, "We can't always control how we feel, but we can always take authority over our own minds and change the way we think." How do we balance working to change the way we think with allowing the Holy Spirit to transform us?
- What are some of the "God-tools" available to us to help fight for control of our thoughts and emotions?
- A strong theme throughout *Unsinkable Faith* is surrendering our fears and negative thoughts to the Lord. Is this something we can just do once, or is it an ongoing process?
- Through what process does what we think become who we are?
- While our thoughts dictate our feelings, which dictate our actions, how do we cross over and begin living by faith rather than feelings?
- How do our thinking patterns actually change the physical function and structure of our brains?
- What advice can you offer the person living in so much hurt their vision is too clouded to see Jesus?
- How is choosing joy, no matter what, different from a "Fake it 'til you make it" mindset?
- You offer practical ideas at the end of each chapter, including journaling topics, actions steps and Bible verses for meditation. How vital are these steps to making lasting changes in how we think?
- What other resources are available to go along with *Unsinkable Faith*?

To request a review copy of *Unsinkable Faith*, to schedule an interview with Tracie Miles or for more information, please contact Audra Jennings, audra@lifefusegroup.com.