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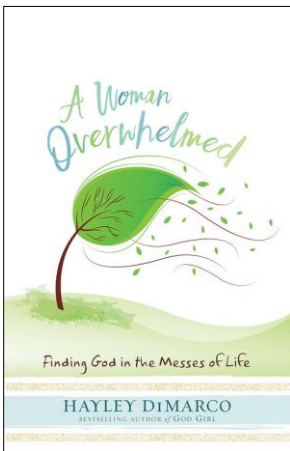


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# PRESS RELEASE

## From overwhelmed by life to overwhelmed by God

Hayley DiMarco helps women trade in stress and worry for grace and love



**Seattle:** The phrase “a woman overwhelmed” is one many women can relate to. Research reveals women are more likely to admit to being stressed and suffer from depression than men — yet there is hope. In ***A Woman Overwhelmed: Finding God in the Messes of Life*** (Abingdon Press/August 15, 2017/ISBN: 9781501840708/\$16.99), best-selling author Hayley DiMarco shows readers what would happen if they could see the insanity in their pace and turn to embrace an overwhelming God.

Women are often overwhelmed by the demands and circumstances of life, resulting in stress, fear, worry, impatience, fatigue, frustration and even depression. The emotional tolls are great but often result in physical symptoms, such as weight gain, insomnia, headaches, anxiety attacks and digestive problems. “Women have a list of things to be overwhelmed with, but most of the time it comes down to their to-do list, which includes working, nurturing, loving, exercising, cleaning, cooking and more,” DiMarco explains. “We also tend to use comparison as a way of determining our value and our success. With all that has to be done, it would be much easier if everyone would do what we want them to do, but alas, our lack of being able to control others ends up overwhelming us as well.”

In *A Woman Overwhelmed*, DiMarco shares biblical insights and personal stories to show we were created to be overwhelmed, not by life, but by God. She offers a glimpse at the comedy of an overwhelmed life while encouraging readers to discover the depths and heights of God’s love and power. When we learn to be overwhelmed by God, the fruit in our lives goes from rotten (exhibiting selfishness, thanklessness, impatience, harshness, immorality, unfaithfulness or a lack of self-control) by focusing on the wrong things to fragrant (living with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control) by living focused on God.

“We were made to be overwhelmed by the goodness and grace of God. For that reason, our hearts search for something bigger than us. When our mission in life is to accomplish our own plans, dreams, hopes and desires, we are fertile ground for too much to do and not enough time or resources to do it. We naturally become overwhelmed with them,” writes DiMarco. “The Mission of Me is not a road to emotional or spiritual success because there will be difficult times and devastating failures. However, the Mission of God, though fraught with difficulty, sees success because God will not be frustrated. When we align our will and mission in life with His, we see life through different lenses, and suddenly everything that would have overwhelmed us is now a tool for our good.”

DiMarco hopes women will be empowered to find freedom in becoming overwhelmed with who God is. In addition to the book, she has written a companion six-week Bible study—*A Woman Overwhelmed: A Bible Study on the Life of Mary, the Mother of Jesus*—that walks through the story of Mary and digs into the Old and New Testaments to offer biblical and practical application related to aspects of life that can make us feel overwhelmed. Available components include a workbook, DVD, and leader guide, or a kit option.

Learn more about *A Woman Overwhelmed* and Hayley DiMarco at [www.HayleyDiMarco.com](http://www.HayleyDiMarco.com). Readers can also follow her [Facebook](#) ([hayley.dimarco](https://www.facebook.com/hayley.dimarco)) and [Twitter](#) ([@hayleydimarco](https://twitter.com/hayleydimarco)).

## About the author



**Hayley DiMarco** is the best-selling author of more than 40 books, including multiple books in the God Girl line, *The Fruitful Wife*, *Obsessed*, *Die Young* and *Own It*. Her latest release is *A Woman Overwhelmed* and its companion Bible study.

As the founder of Hungry Planet, a company intensely focused on feeding the world's appetite for truth, DiMarco speaks regularly for women's groups and events, including Women of Faith, dotMOM, Precept National Women's Convention and MOPS International.

Hayley and her pastor husband, Michael, live outside Nashville with their daughter and four dogs.

To learn more about DiMarco and her books, visit her online home [www.HayleyDiMarco.com](http://www.HayleyDiMarco.com). She can also be found on [Facebook \(hayley.dimarco\)](#) and [Twitter \(@hayleydimarco\)](#).

## Suggested interview questions

- Is it true you have never met a woman who wasn't overwhelmed by life? Why are women easily overwhelmed?
- What are the things that overwhelm women most?
- Are you saying only women are overwhelmed? Aren't men just as overwhelmed by life?
- Do single women struggle with being overwhelmed as much as married women?
- What are some of the resulting emotions and reactions to the sense of being overwhelmed?
- You write, "If I'm honest with myself about it, I'm not so much overwhelmed with my life as I am with everyone else's." Explain how the lives of others contribute to your (and our own) sense of being overwhelmed.
- You also say an important part of escaping overwhelmedness is adopting "the Mission of God over the Mission of Me." Can you explain what that means?
- Can you share the story of the first time you felt overwhelmed by God?
- Christian women feel a pressure and responsibility to live up to the description of the Proverbs 31 woman. How do women often misunderstand that passage of scripture?
- Tell us about a time when you became so stressed you simply shut down. What lessons have you learned about moderation?
- How does comparison and competition fuel our state of being overwhelmed?
- What are some of the physical symptoms of stress women may shrug off but should pay attention to?
- What lessons has God taught you about patience, especially when it seems like there is so much to do in so little time?
- Can you tell us more about the companion Bible study? What tools do you provide for readers?

## Statistics on Overwhelmed Women

- According to the National Institute of Mental Health, women are twice as likely as men to suffer depression.
- According to the American Psychological Association (APA), women are more likely than men to:
  - Report their stress levels are on the rise.
  - State they are in fair or poor health.
  - Find that connecting with others in their life can help their stress management strategies.
- According to the Pew Research Center:
  - Working parents are the new norm — creates need for balance.
  - Women do the majority of childcare and housework — particularly managing the mental checklists of children's schedules and needs.
  - 41% of working mothers said being a parent made it harder to advance in their careers, compared with 20% of fathers.
- Millennial Women Survey conducted by Refinery 29 & Secret found:
  - 68% of women sometimes feel stress (versus always or rarely).
  - 48% feel unmotivated when stressed.
  - Stress gets harder to cope with as we age.
  - Top stress: money
  - Other top stresses: body image, work, family, romantic relationships and health concerns

**To request a review copy of *A Woman Overwhelmed*, to schedule an interview with Hayley DiMarco or for more information, please contact Audra Jennings, [audra@liffusegroup.com](mailto:audra@liffusegroup.com).**