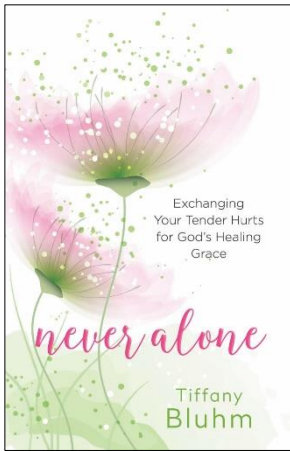


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# PRESS RELEASE

## Guide to Embracing the Ultimate Cure for Loneliness

Author Invites Readers to Experience Healing and Companionship



**(Nashville, TN)** – Loneliness is on the rise in our society and impacting people of all ages. Research has shown that it increases stress and high blood pressure, weakens blood flow and immune systems, and is linked to mental disorders, depression, and even early death. It isn't something to ignore, but rather it's a signal for us to pay attention. Unfortunately, its negative associations, such as a weakness perception or feeling of having poor social skills, impede people from being honest about where they stand. To make matters worse, it has contagious tendencies, and our social networking culture makes it viral. To break the cycle, we need to understand what loneliness does and the behavior it encourages, seek to be more positive and discerning, and retrain how we think about people. For persons of faith, that includes re-evaluating what loneliness has led us to believe about God and our relationship with him. The debut book, **Never Alone: Exchanging Your Tender Hurts for God's Healing Grace** (Abingdon Press/February 6, 2018/\$16.99), by Bible teacher and speaker **Tiffany Bluhm** serves as a guide to help women do just that.

Walking through life without experiencing the pain and loneliness of betrayal, shame, guilt, loss, judgment, or rejection is impossible. These wounds can shape our views of ourselves, others, and God and even make us question if we are worthy of love and acceptance. Whether old or new, heartache can convince us no one understands or cares. Yet Jesus tells us a different story. In *Never Alone*, Bluhm offers hope and encouragement that as our plans, hearts, and lives change, God is there. What we might have mistaken for his absence was only our mind questioning his goodness and grace. She reveals the depth and healing power of Jesus' unconditional love for us and how we will never escape his love.

"While every season brings fresh mercy and unforeseen misery, the good Lord is available to each of us," says Bluhm. "The same Lord who sat with harlots, beggars, and the blind sits with you and me. He's patient and kind. Strong and brave. We might test his limits, doubt his faithfulness, or walk away, but he is always good to us, no matter what. I am not alone. You are not alone."

Bluhm encourages women to:

- Claim their value, worth, and role in the Kingdom.
- Recognize they're dearly loved and unconditionally accepted.
- Find healing from rejection, disapproval, betrayal, abandonment, and other hurts.
- See how the past affects our relationship with God and others.
- Exchange shame and guilt for freedom.
- Lean into desperate moments.
- Gain a holy perspective through gratitude.
- Find belonging through belief and courage.

"The words of this book are an offering in hopes to encourage your heart no matter what season of life you are in," Bluhm adds. "They share about the God who not only gave us life but also gave us his Son as our first companion, the One for whom our soul longs. I have discovered without a doubt that life is hard, but Christ is sovereign. He is near."

For those wishing to dig deeper into what the Bible teaches about this subject, Bluhm has also created the **Never Alone: 6 Encounters with Jesus to Heal Your Deepest Hurts Bible study** that explores the story of six hurting women in the Gospels.

## Advance Praise

"Have you ever had your heart broken? Have you ever felt abandoned, unloved? If you have, you will find a friend in these pages. With disarming transparency, Tiffany walks us through her own heartbreak to the glorious realization of this truth: she has never been alone, and neither have we."

~ Sheila Walsh, author of *In The Middle of the Mess*

"In her powerful book, *Never Alone*, Tiffany reaches down a hand of been-there hope to those who still wonder if anyone sees their aching loneliness—to the ones who live with a perpetual sense of being on the outside, of looking in through an impenetrable barrier at an unreachable place of true belonging."

~ Jodi Detrick, author of *The Jesus-Hearted Woman*

## About the author



**Tiffany Bluhm** is the author of *Never Alone* and its companion Bible study. She is a speaker and writer who is passionate about helping women come to know their value and purpose because of a loving, redeeming God. In a style that speaks to women right where they are, she shares insights from a life spent chasing after Jesus.

"I've always had a bleeding heart for women. It developed into walking alongside single mamas, teen mamas, sex industry workers, women in jail, sisters in brothels, and mothers living in the slums of Kolkata. It has been said that women are the most oppressed people group in the world, and I believe that women, given the chance to thrive with Christ and others, will be the revolutionaries we've been waiting for," Bluhm shares.

She speaks regularly at conferences and events and writes for a number of websites, print publications, and popular blogs, including the YouVersion Bible app, *Deeply Rooted Magazine*, and [ScaryMommy.com](http://ScaryMommy.com).

Bluhm lives in Tacoma, Washington, with her husband and two sons.

Read her blog at [www.TiffanyBluhm.com](http://www.TiffanyBluhm.com). She is also active on [Facebook \(TiffanyABluhm\)](https://www.facebook.com/TiffanyABluhm), [Twitter \(@tiffanybluhm\)](https://twitter.com/tiffanybluhm), and [Instagram \(@tiffanybluhm\)](https://www.instagram.com/tiffanybluhm).

## Suggested interview questions

- Of all the fears there are in the world, how prevalent is the fear of being alone?
- Why do women need to hear and be reminded that they are never alone?
- What was your inspiration for writing *Never Alone* and its companion Bible study?
- What is the main message you have for your readers? Who did you write *Never Alone* for?
- How did being adopted contribute to feelings of shame and loneliness throughout the years? Did adopting your son change how you viewed your own experience?
- You write about six women from Biblical history and their stories of hurt. Who were they, and how do their stories affect ours?
- How do feelings of fear, shame, and inequality steal a woman's role as indispensable in the Kingdom?
- What are some of the things we do to protect ourselves from shame and rejection that in turn actually make things worse?
- How do our relationships change when we begin to believe fully that Christ will never leave us? Once we realize He is always with us, are we better equipped to conquer loneliness in our daily lives?
- You suggest women forgo healing when they fail to see God's presence in their hardest memories and toughest trials. How does revisiting the past help with the healing process?
- What are some other factors that work against women in their journey to restoration?
- In addition to book itself, what other resources are available to go along with *Never Alone* for further study?

**To request a review copy of *Never Alone*, to schedule an interview with Tiffany Bluhm, or for more information, please contact Audra Jennings, [audra@liffusegroup.com](mailto:audra@liffusegroup.com).**

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