

TERRA A. MATTSON



Terra A. Mattson (M.A., LMFT, LPC) and her husband Jeff Mattson are the founders of Living Wholehearted, a counseling and organizational development firm which helps people live and lead with integrity. During her two decades as a licensed marriage and family therapist, Terra's trauma-informed approach has helped thousands of clients build lives of grace and integrity.

Terra's professional experience includes ongoing research partnerships as well as five years in local church ministry.

Because she knows that moms "can't give what they don't have," Terra invites women into courageous living that is rooted in Christ and supported by a trusted community. Her first book, *Courageous: Being Daughters Rooted in Grace* (David C Cook, February 2020), combines biblical truth and clinical wisdom to help women and girls develop a confident voice, a strong sense of self, and a lasting spiritual depth which can survive the storms of life.

"I know who I am because of what God says about me. Neither my own choices and mistakes nor the opinions of others can dictate my worth," writes Terra Mattson. "This secure identity in Christ is the foundation of bold, brave living. Step one for raising courageous girls is to become a courageous woman."

Terra Mattson is mom to two young daughters and co-founder of Courageous Girls, which helps equip small groups of committed moms and daughters with biblical and clinical conversations every mom needs to have with her growing daughter.

In fall 2020, David C Cook will publish *Shrinking the Gap*, co-authored by Jeff and Terra Mattson. Their first book together shares insight from new leadership data and from the couple's more than two decades of work with leaders and their organizations and families.

Jeff and Terra Mattson are the hosts of the Living Wholehearted Podcast. They live with their two daughters near Portland, Oregon.

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