

Endorsements for Terra Mattson, author of *Courageous: Being Daughters Rooted in Grace*

"Terra Mattson is the real deal. She not only speaks from experience as a mom and as a professional counselor but also stands on a mountain of research and biblical wisdom. We've followed her work for years and are thrilled to see her put this message into such an accessible and practical book. If you have a daughter in your life, you need this book."

Drs. Les and Leslie Parrott, *New York Times* bestselling authors of *Saving Your Marriage Before It Starts*

"Terra Mattson has written a book for every woman who is ready to face her fears, fight for her dreams, and show her daughter how to live the very same way. With grace and skill, Terra shows us the possibilities that exist as women sink their roots deep into the love of God while keeping their arms outstretched to a broken world. It's a beautiful, hopeful picture, indeed."

Bo Stern-Brady, author of *Beautiful Battlefields*, pastor, and founder of She.ology

"We have served families, adolescents, and children for four decades and have never seen the challenges we are seeing today. If there was ever a time mothers needed an engaging, biblically, and culturally astute guide for parenting girls, it is now. Terra has blessed mothers and daughters with exactly such a book. *Courageous* is filled with practical insights and wisdom delivered in a very engaging style."

Dr. Steven and Celestia Tracy, founders of Mending the Soul

"I believe that, through what is taught and modeled in this book, both mothers and daughters will experience principles of love, grace, and relationship that will profoundly lay the foundation of courage, hope, and purpose in their lives."

Bill Thrall, cofounder of Trueface and coauthor of *The Cure*

"Reading *Courageous* encouraged me deeply—what a marvelous resource for all who hear God's challenging command to raise children in the way and grace of the Lord. It's written especially for mothers, but fathers must read it too. Terra's godly wisdom flows from her life as a faithful student of God's Word, a mom in a complicated world, and a marriage and family counselor who has seen it all."

Gerry Breshears, PhD, professor of theology at Western Seminary in Portland, OR

"If you are a mom who is looking for one practical resource to guide your daughter through her developmental maze from pre-adolescence to healthy womanhood, this is it. *Courageous* is truly one of the best books I have ever read that combines biblical truth with authentic, relatable action steps for moms with young girls. Terra Mattson weaves her beautiful warmth and wisdom into every page as she vulnerably shares her own journey while inviting moms to follow her lead in raising empowered, godly, wise, courageous world changers!"

Michelle Watson, PhD, LPC, radio host of "The Dad Whisperer" and author of *Dad, Here's What I Really Need from You*

"I have known Terra Mattson for more than twenty years. The wisdom and insight of this book come from personal experience, the hard work of learning, hours of coming alongside others as they seek to grow, and careful attention to the wise insights that come from research and education. She has provided a highly accessible and helpful road map for helping women of all ages thrive and flourish in a world of increasingly confusing and mixed messages. Let those desiring to raise up a next generation filled with grace and courage pay attention."

Steven G. W. Moore, PhD, executive director of M. J. Murdock Charitable Trust

"I long for my daughters to know my love. The truth Terra shares gives me tools to take a hard look at the things that get in the way. *Courageous* convinces me of an unblemished reality, that God adores me, as I imperfectly adore and love my daughters. This mix of truth and application allows me to face hard things with grit, hope, and joy. God is excited for you to experience this kind of love in your family."

David Pinkerton, dad in Phoenix, AZ

"This book takes an honest look at the complicated worlds of being a daughter and being a mother to these young ladies. Terra brings a unique perspective—as a mother and a psychotherapist—to the challenging issue of being a mother and a daughter in today's world. *Courageous* brings an honest look at the importance of courage and grace, and I encourage Christian mothers and daughters to share in its practical wisdom."

Daniel Sweeney, PhD, LMFT, LPC, professor of counseling, George Fox University, practicing therapist, ordained minister

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"I opened *Courageous* to grow as a mom. It resulted in a raw but grace-filled journey of growth as a daughter, which has impacted every part of my life."

Mom of three children

"My biggest fear was to be the mom of a daughter, knowing how broken I was. *Courageous* validated so much in me. This book continues to be a resource that I go to as a mom of a courageous girl and to be a courageous girl myself!"

Jen B., Courageous Girls mom and leader in Portland, OR

"In *Courageous*, Terra Mattson shares priceless insights that serve as a starting point and generational foundation for enriching the relationships of every woman. I am thankful that my daughter, granddaughters, and I have been blessed through Terra's ministry and her far-reaching message of courage in God's sure love and power."

Diana, grandma of six girls in Wenatchee, WA

"*Courageous* is inspiring and beautifully written. It touches on many of the issues women face today, such as the comparison game, body image, sexuality, and friendships. Terra shares what it means to be courageous through the telling of her own journey and gives practical step-by-step examples of how we as women can commit ourselves to becoming Courageous Girls. This book has helped me be more intentional with my parenting and conversations especially with my teenage daughter. Through this book I'm able to talk more openly with her about the hard issues and be honest and real. This book is a must-read for all women!"

Mom of teen girl

"*Courageous* has taught me to feel so that I can heal and to face my fears so I can be free to help my daughter face hers, and a process for self-awareness and self-regulation of my emotions that has radically improved my mental health. The courage it required to enter my own journey of emotional healing has positively impacted and changed the trajectory of my daughter's life in addition to mine. *Courageous* has taught me that by receiving God's free gift of grace, a response occurs in my own heart, which then allows me to reflect grace to my family and release it to others in community. I can confidently say that *Courageous* will have a ripple effect on women and their daughters for generations. I plan to share this book and my own journey of healing with all the ladies God brings into my path, which is many!"

Becky C., mom of three in Portland, OR

"I have always had a high level of respect and love for the women in my life, but *Courageous* was packed with enlightening wisdom that taught me to fill my daughter with our heavenly Father's love."

Travis, dad of one girl and two boys in Bend, OR

"I'm in absolute awe of the honesty that is poured out through every woman's story in the pages of this book. Every woman who picks up this book will find her own story in the vulnerability of each chapter. Every phrase, quote, and Scripture is so beautifully crafted in each chapter of *Courageous* that I was instantly pulled in. The dichotomy of biblical truth with psychological concepts that is presented in this book is evidence of Terra's obedience to God leading her to write this incredible work of art."

Joi, mom of two in Texas

"Immersed in a culture that seeks to define who I am based on looks, intellect, accomplishments, and material wealth, Terra's book is an incredible tool that brings me back to truth, allowing the Creator alone to define me, His creation. Only then am I free to pass that along to my daughters, as well as anyone whom God has placed in my path. I believe Terra's book normalizes the universal struggles that women, whether it be as a grandmother, a mother, a daughter, or a wife, face in our day and time and culture."

Mom of three adults and two teens

Courageous: Being Daughters Rooted in Grace

By Terra A. Mattson

www.myCourageousBook.com

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