



For Immediate Release

Media Contact: Pamela Muntsinger, MMPR
Pamela@mmpublicrelations.com, 615-294-5073

STEP ONE FOR RAISING A COURAGEOUS GIRL? SHOW HER THE LIFE OF A COURAGEOUS WOMAN

TERRA MATTSON INVITES MOMS TO LIVE WHOLEHEARTED: IN CHRIST, IN COURAGE, IN COMMUNITY

Colorado Springs, Colo. — Mothers welcome daughters into the world alongside big dreams, praying their girls become resilient, grace-filled, courageous women. For every mom eager to raise a courageous girl, family therapist **Terra A. Mattson** offers one over-arching, guiding principle: live your own courageous life. Terra Mattson's first book, ***Courageous: Being Daughters Rooted in Grace*** (Feb. 2020, David C Cook), invites women to discover and model faithful, courageous living – for themselves and for the girls who look up to them.

"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, who is the mother of two daughters. "This secure identity in Christ is the foundation of bold, brave living. Step one for raising courageous girls is to become a courageous woman."

Mattson knows that moms "can't give what they don't have," so she invites women into courageous living which is rooted in Christ and supported by a trusted community. ***Courageous*** weaves together 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.

Topics addressed include:

- **COURAGE**: we cannot give away what we do not have; courageous mothers model courage for their daughters. Terra shares honest stories from her own life as mama to two girls.
- **IDENTITY**: Girls are growing up with moms who are lonely and lost. We can move toward love and grow strong and resilient. Living 'in courage' is rooted in a deep sense of who we are and to whom we belong.
- **EMOTIONS**: learning to be honest about our thoughts, emotions, behaviors and needs (in a safe environment) opens the door to grace. Emotions help guide us to a more authentic self and authentic connections with God and others.
- **SELF-HARMING BEHAVIORS**: if we do not address negative emotions within ourselves, we open our lives to a plethora of unhealthy coping mechanisms. Terra shares honestly about her struggle with bulimia.
- **LEARNING TO LISTEN**: once we learn to recognize the voice of God, we are able to discern between grace messages and shame messages. We can choose which messages to accept as truth.
- **FEAR & ANXIETY**: having fears and anxieties is a normal part of the human condition. We build resilience and faith as we learn to process and regulate our emotions. This is a learned skill.
- **COMMUNITY**: we can know we are deeply loved by God as we risk in safe relationship with others, experiencing environments of trust and grace. God supplies all our needs, choosing to supply some of those needs through people!
- **FRIENDSHIP**: we can learn to recognize trustworthy relationships (green-light people) and how to hold boundaries with those which are inconsistent (yellow-light people) or untrustworthy (red-light people). Time and conflict help women and girls identify their safe, trusted friends.

Terra Mattson, who has two young daughters, founded an organization called Courageous Girls to facilitate intentional and biblical conversations between mothers and daughters.

Terra Mattson has counseled thousands of men, women and children during her two decades as a trauma-informed marriage and family therapist. Her professional experience includes ongoing research projects as well as five years in local church ministry. Terra and her husband Jeff founded Living Wholehearted, a counseling and organizational development firm helping people live and lead with integrity.

Drs. Les and Leslie Parrot, #1 *New York Times* bestselling authors of *Saving Your Marriage Before It Starts*, have followed Terra's counseling work for years. "Terra Mattson is the real deal," they explain. "She not only speaks from experience as a mom and professional counselor, but she stands on a mountain of research and biblical wisdom."

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

Terra A. Mattson (M.A., LMFT, LPC) is co-founder with her husband Jeff Mattson of Living Wholehearted, a counseling and organizational development firm. Terra is the author of *Courageous* and co-founder of Courageous Girls. During her two decades as licensed marriage and family therapist, Terra's trauma-informed approach has helped thousands of clients build lives of grace and integrity. Jeff and Terra Mattson are the hosts of the Living Wholehearted Podcast. They live with their two daughters near Portland, Oregon. www.TerraMattson.com

David C Cook is a nonprofit organization dedicated to publishing and distributing leadership and discipleship resources to help Christians all over the world grow in their faith and pass it on to the next generation.

###

Courageous: Being Daughters Rooted in Grace

By Terra A. Mattson

www.myCourageousBook.com

Available February 1, 2020, from David C Cook

Price: U.S. \$17.99 Format: Paperback

Pages: 272 ISBN: 978-1-4347-1262-2

BISAC category: Religion / Christian Living / Parenting

Review copies, reprint permission and interviews are available.
Contact Pamela McClure, McClure Muntsinger Public Relations,
615-294-5073 or pamela@mmpublicrelations.com