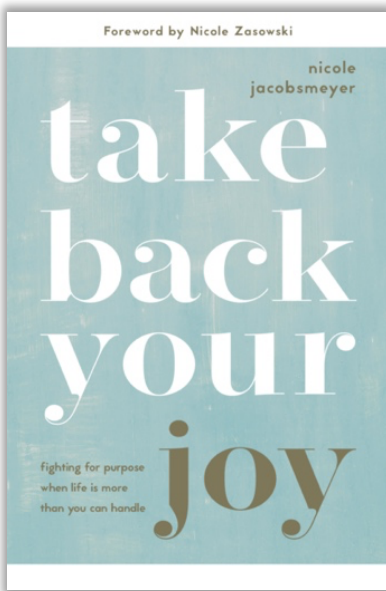


## IT'S TIME TO TAKE BACK YOUR JOY

**DURING A DECADE OF TRIALS – FROM ASSAULT & DEPRESSION TO MISCARRIAGE & CANCER – NICOLE JACOBMEYER BEGAN TO WONDER: *IS GOD GIVING ME MORE THAN I CAN HANDLE?***



COLORADO SPRINGS, CO (July 1, 2022) — Traumatic experiences can leave even the most devoted Christians wondering, *Where is God in all this?* Loss, disappointment and hardship take a toll, stealing joy and hope from those who need it most. *Have you been there? You're not alone.*

In ***Take Back Your Joy: Fighting for Purpose When Life Is More Than You Can Handle*** (October 2022, David C Cook) Nicole Jacobsmeyer recounts how she felt defeated and ill-prepared for a decade of relentless trials, from sexual assault and depression to miscarriage and cancer. With a heart full of questions about the God she was raised to love, Nicole began to doubt. *Had God given her more than she could handle?* She also discovered that there is always more to the story with Christ.

“If you are suffering today, I pray that you might see your life through a different lens: one of understanding and grace that points to Jesus,” says Nicole. “Life has knocked some of us down, and we may still be flat on our faces, but it’s time to take back our joy. It’s only with Christ that we can find hope and purpose. More than that, we can and we will experience the lasting joy in knowing Him.”

During trial after trial, Nicole gradually allowed God to strengthen her faith, and today she eagerly shares biblical insight that carried her through her own long season of suffering. Her new book equips readers to take back their joy via ten simple actions:

- ◇ Staying grounded in God’s Word
- ◇ Believing the truth
- ◇ Choosing forgiveness
- ◇ Serving others
- ◇ Shifting perspective
- ◇ Resting in Jesus
- ◇ Taking responsibility
- ◇ Stop complaining
- ◇ Giving up control
- ◇ Avoiding comparison

***Take Back Your Joy*** offers readers a renewed sense of hope as well as reassurance that no one is alone in their sufferings. “Because I misunderstood how intertwined the Gospel and my sufferings were, I struggled to believe the truth about God’s character during my worst seasons of life,” Nicole recalls. “But God graciously guided me back to joy – the kind of joy that spills over from the fullness and closeness of Christ in the middle of our pain.”

- more -



**Nicole Jacobsmeyer** has a passion for helping women walk in victory, joy, and faith in the face of trials, sorrow, and suffering. Nicole and her husband have four children under the age of seven and reside in North Carolina. Nicole spends her spare time sharing her faith and encouraging women on her blog and lifestyle website, [www.NicoleJacobsmeyer.com](http://www.NicoleJacobsmeyer.com), and her Instagram page, [@nicole.jacobsmeyer](https://www.instagram.com/nicole.jacobsmeyer).



**Esther Press**, an imprint of David C Cook, publishes biblical resources by and for courageous women. With a focus on transformation, Esther Press encourages and equips women to walk courageously in the light of God's truth for such a time as this. Esther Press partners with ministries around the world to equip, encourage, and disciple women. Learn more at [www.estherpress.com](http://www.estherpress.com). **David C Cook** is a 501c3 nonprofit organization dedicated to equipping the global church with leadership, discipleship, and worship resources to help Christians grow in faith and pass it along to the next generation. Read more about David C Cook and its global ministry outreach at [www.davidccook.org](http://www.davidccook.org).

###

***Take Back Your Joy: Fighting for Purpose When Life Is More Than You Can Handle***

by Nicole Jacobsmeyer

ISBN-13: 978-0830782871 | Paperback | US \$17.99 | 224 pages

Available October 4, 2022, from Esther Press, an imprint of David C Cook

Review copies and interviews available: [pamela@mmpublicrelations.com](mailto:pamela@mmpublicrelations.com), 615-294-5073