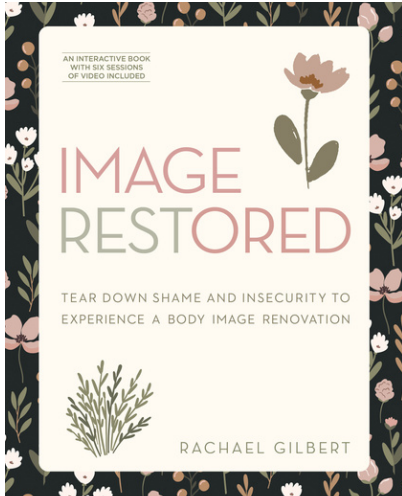




STRUGGLING WITH BODY IMAGE, SHAME & INSECURITY? Counselor Rachael Gilbert Helps Women Tear Down Lies to Experience a Body Image Renovation IMAGE RESTORED Arrives March 2023 from Esther Press



Colorado Springs, Colorado (January 9, 2023) – According to a 2021 U.S. survey, three-quarters of adults believe popular media promotes an unattainable body image for women – and the majority of women feel pressured to have a particular body type. As a result, women wrestle with body shame and insecurity, believing the lie that a positive body image is possible only if they attain an ideal body. Now a new book by **Rachael Gilbert** debunks this belief and offers a proven blueprint for building a healthy body image.

Rachael Gilbert, a licensed counselor and veteran fitness instructor, shares her personal struggles with body image as well as her journey toward health and wholeness in her new book, *Image Restored: Tear Down Shame and Insecurity to Experience a Body Image Renovation* (Esther Press / David C Cook, March 2023). Rachael knows many women try to bury the same painful insecurities she once hid – but she also knows how a woman’s body image can be restored from the inside out.

When it comes to body image, **Rachael Gilbert** considers herself a fellow struggler. Even during her years working as a fitness instructor, Rachael never felt she measured up to culture’s preferred body image: “When I discovered I could control my weight and outward appearance, it gave me a false sense of control. I came to believe that I could earn a seat at any table as long as I looked the part. But then God opened my eyes to the endless cycle of shame and striving and filled me with His truth, love and acceptance.”

Leveraging a construction analogy, Rachael offers an “Image Restored Blueprint” to guide readers through a multilayered approach to building a healthy body image. Rachael shares her vision for the format of the book: “In counseling women who struggle with body image, I have noticed that, much like grief, body image healing does not follow an exact formula or timeline. The truth is, there are many layers to healing from an unhealthy body image. Even when I’m invited to speak on body image, I usually have time to address only one aspect of the broader issue. I liken it to giving someone a single piece of a puzzle and expecting her to complete the whole picture.” *Image Restored* offers a step-by-step field guide to complete that puzzle for a body image built on the solid foundation of God’s word sealed with the covering of His grace.

“Much as with building a home, we must first envision what we hope to have when the work is finished,” Rachael says in the book’s introduction. “An architect delivers a picture of what a home will look like upon completion, so I invite you to picture what your life will look like once you complete this healing journey. The ultimate result of your body image renovation will be freedom.”

In *Image Restored*, Rachael Gilbert offers professional guidance, personal stories, Scripture, prayers, journaling prompts, coloring pages, and streaming access to six accompanying teaching videos to help readers experience true freedom. Rachael helps women see themselves in new ways as they learn:

- » A biblical perspective on eating, fitness, and godly self-confidence
- » Tools for overcoming comparison and trauma
- » How to reframe stories that formed your attitude toward your body
- » Counselor-inspired strategies to help you appreciate how God made you
- » Ways to use thoughts and feelings so they help you rather than sabotage you

Rich with spiritual and therapeutic insights, this Christian body image workbook calls women to experience healing and wellness grounded in God’s love and truth. Rachael writes: “So many of us have tried an outside-in approach, achieving little-to-no lasting change to our internal body image. If we are not planted on a firm spiritual foundation, no amount of weight loss, surgical intervention, or beauty treatments can change how we see our bodies.”

“Is there a struggle more universal than the one surrounding our views of our own bodies?” asks Robert Morris, Senior Pastor at Gateway Church, in the book’s foreword. “Rachael Gilbert has written *Image Restored* to shine a bright light on this subject – mixing real-life experience with a biblical worldview and the expertise of a therapist. There is such a need for this book in the church right now, and there’s no better person to write it than Rachael. I wholeheartedly recommend her and her book.”

About Rachael Gilbert



Rachael Gilbert, MMFT, is a wife, mom, trauma-informed therapist, owner of BBC Health, and podcast host of *Real Talk with Rachael*. She combines her clinical expertise and personal experience to help women overcome fear and insecurity to walk confidently in their God-given dreams. A frequent speaker and article writer, Rachael lives near Dallas with her husband Matt and their three children. www.rachaelgilbert.com



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.

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.

Image Restored:
Tear Down Shame and Insecurity to Experience a Body Image Renovation
By Rachael Gilbert

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

Questions for Rachael Gilbert

- » Rachael, your book is entitled *Image Restored: Tear Down Shame and Insecurity to Experience a Body Image Renovation*. What are the signs that a woman's body image might be in need of renovation?
- » *Image Restored* offers a unique approach to rebuilding one's body image. You liken the process to building a house - how are these processes similar?
- » Your book shares your own personal body image renovation. Tell us a bit about your journey, including how your body image was shaped over years as a fitness instructor.
- » During your graduate studies, your research revealed that almost 100% of women surveyed had heard their moms, aunts, or other family members speak negatively about their bodies. How do family messages shape a girl's body image?
- » You write that core beliefs are the lens through which we view ourselves and the world. How do faulty core beliefs impact a woman's body image – and how can she identify these faulty beliefs?
- » How does comparison impact our body image? What about comparing our current bodies to younger versions of ourselves?
- » Many of us try to improve our body image by changing our behaviors. Yet even after losing weight or becoming more fit, we continue to struggle with a negative body image. Why?
- » How does developing a 'body image timeline' help begin the process of restoring one's body image? Some women will note traumatic events in their timeline - how can trauma impact a woman's body image?
- » You encourage readers to learn to listen to their bodies. Can you expand on this and describe how this skill helps restore both body image and overall health?
- » Why do you believe women need to both identify and experience their emotions? What resources are provided in *Image Restored* to help women with this process?
- » How can a woman learn to “trust her gut” and the leading of the Holy Spirit when it comes to her body?
- » *Image Restored* offers multiple interactive elements, from reading and journaling, to coloring and videos. Tell us about the video resources and Counselor's Cornerstone activities provided within the book. Can *Image Restored* and its companion videos also serve a guide for group study?

