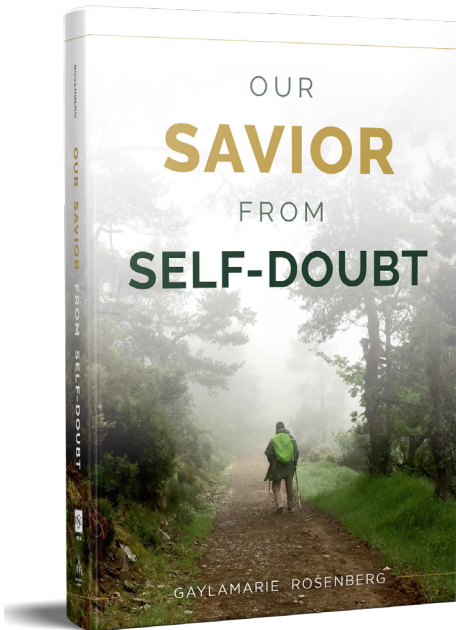


NEW FROM THE RELIGIOUS STUDIES CENTER

Our Savior from Self-Doubt



PROVO, UTAH, AND SALT LAKE CITY—We doubt ourselves for several reasons. We become impatient with our progress. We dwell on weaknesses, making us more critical and judgmental of ourselves. We fear we are not enough. We compare our weaknesses to others' strengths. We try to do too many things at once. We feel unworthy of God's help and rely on our own strength.

Through His Atonement and His redeeming and enabling powers, Jesus Christ helps us overcome physical and spiritual death. But it can be easy to forget that He can also help us overcome feelings of self-doubt, insecurity, low self-esteem, and inadequacy, all of which obstruct the path that leads us to our divine potential.

This book helps readers challenge and change unproductive thoughts about themselves. It discusses the source of doubt and teaches readers to turn to healthy, productive thoughts by focusing on

- patient progress instead of immediate perfection,
- how God sees them instead of how they see themselves,
- what they can do instead of what they cannot do,
- developing their own abilities instead of comparing their abilities,
- doing one needful task at a time instead of several at a time,
- Christ's willingness to forgive instead of their unworthiness to be forgiven, and

"Framing life's journey in terms of the famous Camino de Santiago, Gaylamarie Rosenberg pays tribute to the impulse toward the sacred common to all fellow seekers while illuminating the path with keen insight, grace, and wisdom."

—FIONA GIVENS

- Christ's invitation to walk with Him instead of trying to walk alone.

Having imperfections was one of the conditions of mortality that we as premortal spirits joyfully embraced. Feelings of inadequacy and imperfection are often the means by which we open our hearts to the Savior and seek His companionship. Our Savior from Self-Doubt helps readers to turn to Christ in their struggles instead of trying to walk alone—and to embrace Him as their Savior from self-doubt.

Our Savior from Self-Doubt was written by Gaylamarie Rosenberg and copublished by the Religious Studies Center at Brigham Young University and Deseret Book. Visit rsc.byu.edu/book/our-savior-self-doubt for more information.

DETAILS

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Gaylamarie and her husband, John, are the parents of two daughters.

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