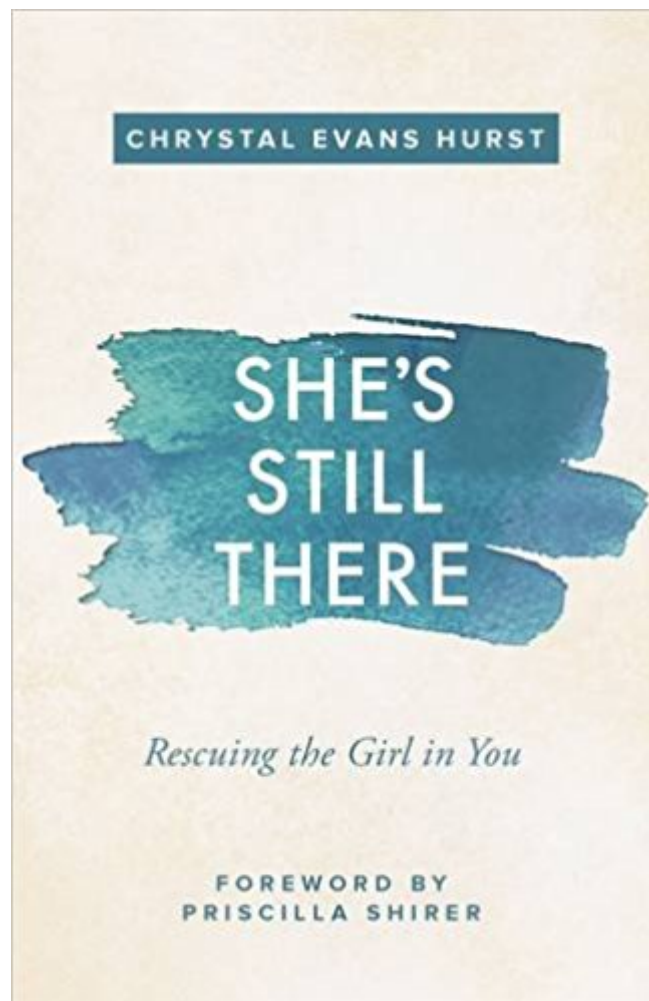




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# She's Still There: Rescuing The Girl In You



## Synopsis

What's a woman to do if her life is not taking shape the way that she thought that it would? What happens when she looks at herself in the mirror, lingering just a little longer than usual and realizes that she no longer recognizes the person staring back at her? What does she do when she sees that, somehow, her life has drifted away from all her original hopes, dreams, or plans? Speaker, blogger and writer Chrystal Evans Hurst wrote this book because she was that woman. One day she realized that she had somehow wandered away from the life that she had purposed to live a long time ago. Chrystal since discovered that this moment of awareness happens to lots of women at different seasons of their lives. Poor decisions, a lack of intentionality or planning, or a long-term denial of deep hopes and dreams can leave a woman, old or young, reeling from the realization that she is lost, disappointed, or simply numb. And she just needs encouragement. This woman simply needs someone to hold her hand, to cheer her on, and to believe with her that she is capable of still being the person she intended to be or discovering the girl she never knew was there in the first place. Chrystal uses her poignant story of an early and unexpected pregnancy, as well as other raw and vulnerable moments in her life, to let readers know she understands what it's like to try and find your way after some missteps or decisions you didn't plan on. In *She's Still There* Chrystal emphasizes the importance of the personal process and the beauty of that path as it is shared authentically from one girlfriend to another. It's a book of "me too's", reminders of the hoped for, and challenges for the path ahead to find direction, purpose, and true satisfaction.

## Book Information

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## Customer Reviews

We celebrate the release of our daughter's book, *She's Still There*. With uncanny honesty, vulnerability, and spiritual insight, Chrystal will lead you on an exciting journey to rescue the girl in you. This groundbreaking work will reconnect you to the joyful and, yes, sometimes tearful discovery of the person God created you to be. (DRS. TONY AND LOIS EVANS) My witty and wise friend Chrystal will help you rediscover your lost dreams and uncover a renewed passion for moving forward. She knows what you're feeling, but even better, she reveals the decisions you can make to get back on track. (LYSA TERKEURST, New York Times bestselling author; president, Proverbs 31 Ministries) A woman's resurrection journey is an important and powerful conversation to have, even for a husband and wife. *She's Still There* is a tool to aid every woman in cultivating her dreams, reigniting her passions, and reviving her heart. Chrystal's message breathes life into the girl who needs a fresh start. A renewed sense of hope and purpose is just a page away. (KIRK AND TAMMY FRANKLIN, Grammy Award-winning artist, author) If you're a woman who's felt lost, buried, overlooked, or unsure of her identity, this book is written for you. If you've ever wondered, "Where did I go? What happened to the girl I thought I'd be?" Chrystal offers the tender comfort of a good friend as well as the swift kick in the pants you need to rise up, own your story, and rescue the buried parts of the girl who is longing to come to life. While it can be hard to own the rocky parts of your story, *She's Still There* encourages you to believe that you are a soul uniquely designed by God for a purpose, and gives you the tools you need to rescue the best of the girl in you. (CHRISTINE CAINE, founder, A21 and Propel Women) *She's Still There* will help women get out the box of fear and shame and walk in their God-given freedom! This is a bold, honest, and life-changing book! (ERICA CAMPBELL, Grammy Award-winning artist, radio host) Chrystal is a fierce lover of God and people. Courage and empathy pour out of this woman. Prepare to be loved and challenged in these words. (JENNIE ALLEN, visionary and founder, IF:Gathering; author, *Nothing to Prove*) What you're still looking for? Is right here in your hands. What you're still hoping to find? Begins with turning these pages. What you're still holding out for? You're holding onto right now. Everything that girl you once dreamed of, prayed for, imagined? That girl? *She's still there*. And you can still believe. Chrystal's words are like a healing balm, a strengthening iron, and an envisioning hope. She is one wise guide,

gentle counsellor, and needed friend in your journey to find your way back to what you once hoped for. Your soul is begging you to begin. (Ã¢â¬â ANN VOSKAMP, New York Times bestselling author, *The Broken Way* and *One Thousand Gifts*) Have you ever met one of those women who made you feel like a friend you could never let go of from the moment you meet? ThatÃ¢â¬â, what happened when I met Chrystal, and thatÃ¢â¬â, what will happen to you the moment you crack open this book. Prepare to be comforted and transformed by a woman who embodies the love of God. (Ã¢â¬â SARAH JAKES ROBERTS, author; copastor, One Church LA) What I love about SheÃ¢â¬â, Still There? Chrystal tells the truth, holding nothing back. SheÃ¢â¬â, honest about her struggles and compassionate about ours. Her wisdom is hard earned and generously shared, and her suggestions are both practical and purposeful. Her wry humor comes through, but so does her heart for God. Chrystal writes from a place of passion and conviction, and so gives her sisters a beautiful gift: freedom. Open it, my friend. You wonÃ¢â¬â, be disappointed!

(Ã¢â¬â LIZ CURTIS HIGGS, author, bestselling *Bad Girls of the Bible*) Surprisingly poignant. Startlingly transparent. Stunningly insightful. Chrystal touched me deeply as I read her milestone book, which is destined to set women free on a deep and meaningful level. Rarely have I read a book so down-to-earth with such heavenly wisdom. DonÃ¢â¬â, miss this amazing book!

(Ã¢â¬â BRUCE WILKINSON, president, Teach Every Nation) Chrystal shares her story with an intimacy that makes the reader feel as if they are sitting down for coffee with her. The truth and vulnerability of ChrystalÃ¢â¬â, story are packed with wisdom and steps to help anyone regain or discover for the first time the woman they were meant to be. As I devoured ChrystalÃ¢â¬â, words, I felt as though she were sitting across from me at a coffee shop. SheÃ¢â¬â, the friend we all want. The friend who is real and vulnerable with you and constantly points you to the truth. If you are a woman, this book needs to be in your hands! (Ã¢â¬â JAMIE IVEY, podcast host, *The Happy Hour with Jamie Ivey*) Chrystal is honest, hilarious, and full of encouragement for any of us who have looked up and realized life hasnÃ¢â¬â, gone exactly the way we planned. And isnÃ¢â¬â, that all of us? SheÃ¢â¬â, Still There is refreshing in its transparency and encouraging in its authenticity. Chrystal reminds us that God never loses sight of us even when we lose sight of ourselves and is always working all things together for our good. You will find yourself sighing with relief, wiping away a few tears, and turning the final page knowing how much you are loved. (Ã¢â¬â MELANIE SHANKLE, author, New York Times bestselling, *NobodyÃ¢â¬â, Cuter Than You*) Chrystal writes with the passion and wisdom of a woman who has lived fully and gleaned every lesson life has to offer. SheÃ¢â¬â, Still There is a joy to read and an inspiration for any woman who is ready to break out of a rut and step fully into the abundant life for which she

was created. (Ã¢â¬â VALORIE BURTON, founder, The CaPP Institute; author, bestselling Successful Women Think Differently)If youÃ¢â¬âre stuck in a life you never imagined and fear youÃ¢â¬âve lost the best parts of yourself along the way, youÃ¢â¬âre not alone.

IÃ¢â¬âve been there, more than once. ItÃ¢â¬âs crushing, painful. But hereÃ¢â¬âs the good news: youÃ¢â¬âre holding a lifeline your hands. Through the rich pages of SheÃ¢â¬âs Still There, Chrystal offers honest revelation, warm companionship, and hope-filled truth to help you rediscover the best parts of your life---and yourself. (Ã¢â¬â MICHELE CUSHATT, author, I Am: A 60-Day Journey to Knowing Who You Are Because of Who He Is)Chrystal puts her finger on our inner struggles as she shares stories of her life. Her heartfelt experiences lead us to courage, faith, and wisdom to live well. ChrystalÃ¢â¬âs powerful messages always inspire me.

(Ã¢â¬â SALLY CLARKSON, author, Different and The Lifegiving Home)I love ChrystalÃ¢â¬âs raw transparency and comical storytelling as she shares from her heart stories of GodÃ¢â¬âs amazing work in her life. Through SheÃ¢â¬âs Still There, youÃ¢â¬âll be reminded and encouraged that in lifeÃ¢â¬âs ups and downs, good decisions and mistakes, God uses it all for a greater purpose. Be who God created you to be; youÃ¢â¬âre perfect that way!

(Ã¢â¬â ANGELA PERRITT, founder and director, LoveGodGreatly.com; coauthor, You Are Loved and You Are Forgiven)I love this book. And I love Chrystal. SheÃ¢â¬âs managed to fill each page with hard- fought wisdom and insight. Far too many of us live with our unresolved issues buried beneath the surface, but in a place that wreaks havoc on our souls and skews our perspective. God wants to unearth the things weÃ¢â¬âve buried so he can heal and reveal, correct and redirect, and, ultimately, restore us. No matter where youÃ¢â¬âve been, what youÃ¢â¬âve done, or whatÃ¢â¬âs been done to you, God can redeem it if youÃ¢â¬âll trust him and give him access to your story. Dig in to the material here with expectancy and vulnerability. God is about to do a new thing in you! (Ã¢â¬â SUSIE LARSON, national speaker; talk radio host; author, Your Powerful Prayers)Chrystal cheers us on and calls us out, sharing her unexpected journey, while showing us how to value our souls, accept our processes, refocus our thoughts, and reaffirm our worth as women God created for a purpose we may not yet know, but one worth discovering! Packed with me-too stories, real-life application, and

humorous-yet-convicting truth, SheÃ¢â¬âs Still There is a message every women needs. Grab a copy for yourself and a friend! (Ã¢â¬â RENEE SWOPE, author, A Confident Heart)Chrystal is a woman who has experienced brokenness, which gives her a huge heart for women who are in the same place. Read this work, which is a reflection of GodÃ¢â¬âs putting her back together as he puts you back together. (Ã¢â¬â DR. ERIC MASON, founder and pastor, Epiphany Fellowship,

Philadelphia) Chrystal's passion for helping women of all generations challenges me as a blogger, mother, and boss. In *She's Still There*, Chrystal encourages women to deeply engage in their own stories through healing of the past and embracing the present. If you are trying to resist drifting off course in your life, this book will help you find the purpose God has for you.

(SUSAN MERRILL, founder, iMOM;)

Chrystal Evans Hurst co-authored the best-selling book, *Kingdom Woman*, with her father Dr. Tony Evans. She reaches a wide audience speaking at conferences, sharing on her blog, Chrystal's Chronicles, writing for Proverbs 31 Ministries, and by teaching and leading women in her home church. As the COO (Chief Operating Officer) of the Hurst household, she is a dedicated wife to Jessie and mother of five. Chrystal lives just outside of Dallas, Texas.

There have only been a few books I can vividly recall as having such a profound impact on my life, and this is one. I am a lover of stories...I appreciate hearing what others have been through and how they have overcome. In *She's Still There*, Chrystal not only shares her story, but she also provides clear and sound suggestions on how to tell yours as well. This appealed to me because I had not yet told my own story. I feel fully equipped and empowered to do so now. She skillfully guides the reader to take a journey with her as she details how to "rescue the girl in you". For any woman who has found herself feeling lost, distracted, off-track, dissatisfied, or even terrified of where they currently are, the practical truths entailed will give her a sense of worth and direction. In each section, the reader will tackle a specific part of the rescue effort. In addition, Chrystal includes an assessment tool designed to help prompt the reader as she dives deep into her story. This book is the antidote to low-self esteem and hopelessness - I believe that like mine, the readers' lives will forever be altered, toward a passionate and faith-filled existence.

What if a girl to do that feels like things have not lined up or that too much has happened to get back on track? What about the you that's supposed to be but it's not who you are? I was walking through a very devastating divorce as I was reading this book. When I received the book I was depleted, disappointed and didn't think I could hold my head up or even dream again. This book met me in the place that I was in. This book is very conversational, powerful and laced with transparency. It's as if Chrystal is sitting with you personally on your couch in your living room or favorite coffee houses. I found this book to be life giving the chapters are easy to read but very

powerful and transforming. The book is broken down into six parts each section will encourage and give renewed hope if you absorb the truths that are being given . From the moment that I opened the book I found it to be healing for me. The entire book was a favorite for me. Fight for your life was a beautiful chapter for me . I like when Chrystal said “Be brave enough to believe that a uniquely beautiful life can be yours.” Chrystal reminds us in the book from the start that “You are allowed to be both a masterpiece and a work in progress.” The book has reflections at the end of each chapter. I am very pleased to have been given an advance copy to read the book did not disappoint. I believe and know that this book is divine timing for me. God used Chrystal greatly with the writing of this book. If you apply the Jewels in this book to your life and unique circumstances you will be blessed and on your way.

Have you ever wondered, how did my life get here? Or wondered what happened to the hopes and dreams you had when you were young? In an open, honest, conversational way, the author shares her story as if you were two friends talking over coffee. She then goes on to share real and practical ways to revisit your hopes and dreams, take an honest look at your gifts and abilities, and make plans to move forward with a fulfilling life. Your life may not look like you thought it would, but it's not too late to achieve your goals. I love how Chrystal gives us such practical steps we can take. If you think your goals are too far away and it overwhelms you, just think of what you can do today. It's never too late, and there's always something you can do or can change to begin moving your life in the direction you want to go. I highly recommend this book for any woman who has ever felt lost or unfulfilled. For any woman who wonders, is this really all there is to my life? To any woman who had hopes and dreams as a girl but has no idea what happened to them along the way. I think at some point we have all wondered what happened to that girl inside us who used to have such big dreams! This book will inspire you and empower you with the tools to find and connect with that girl, because she's still there! While I did receive a review copy in exchange for an honest review, I also did purchase my own copy of the book as well!

I have been privileged to be on the launch team for She's Still There. ( I received no monies for my review) Chrystal Evans Hurst is the real deal and has been blessed with a real gift for writing. She's Still There is one of the best and most inspirational books I have read in a very long time. Author Chrystal Evans Hurst shares personal stories that help encourage other women to find the girl within them who may be missing or who may just be waiting to be discovered.

Between the busyness of life and the demands of the ones we care for, who we are can get buried under layers of stuff that can possibly take years to wade through. God never meant for His sons and daughters to just survive, He wants them to thrive, and this is something that Chrystal enforces in her new book. The message in *She's Still There* is basically that in order for us to live the lives God intended for us is to change the way we think, the way we do things, and to be willing to live intentionally the way God wants us to. Living an intentional life means we have to surround ourselves with people who will support and encourage us, make decisions that are God honoring, and set goals that are in alignment with God's plans for us. *She's Still There* encourages women to prioritize their lives, to remember their needs matter just as much as anyone else's and to reach for their passions and dreams that may have drifted away. Between Chrystal's personal stories and her suggestions on how to find the girl that resides in each woman, this book is one that will be impacting lives for generations to come.

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