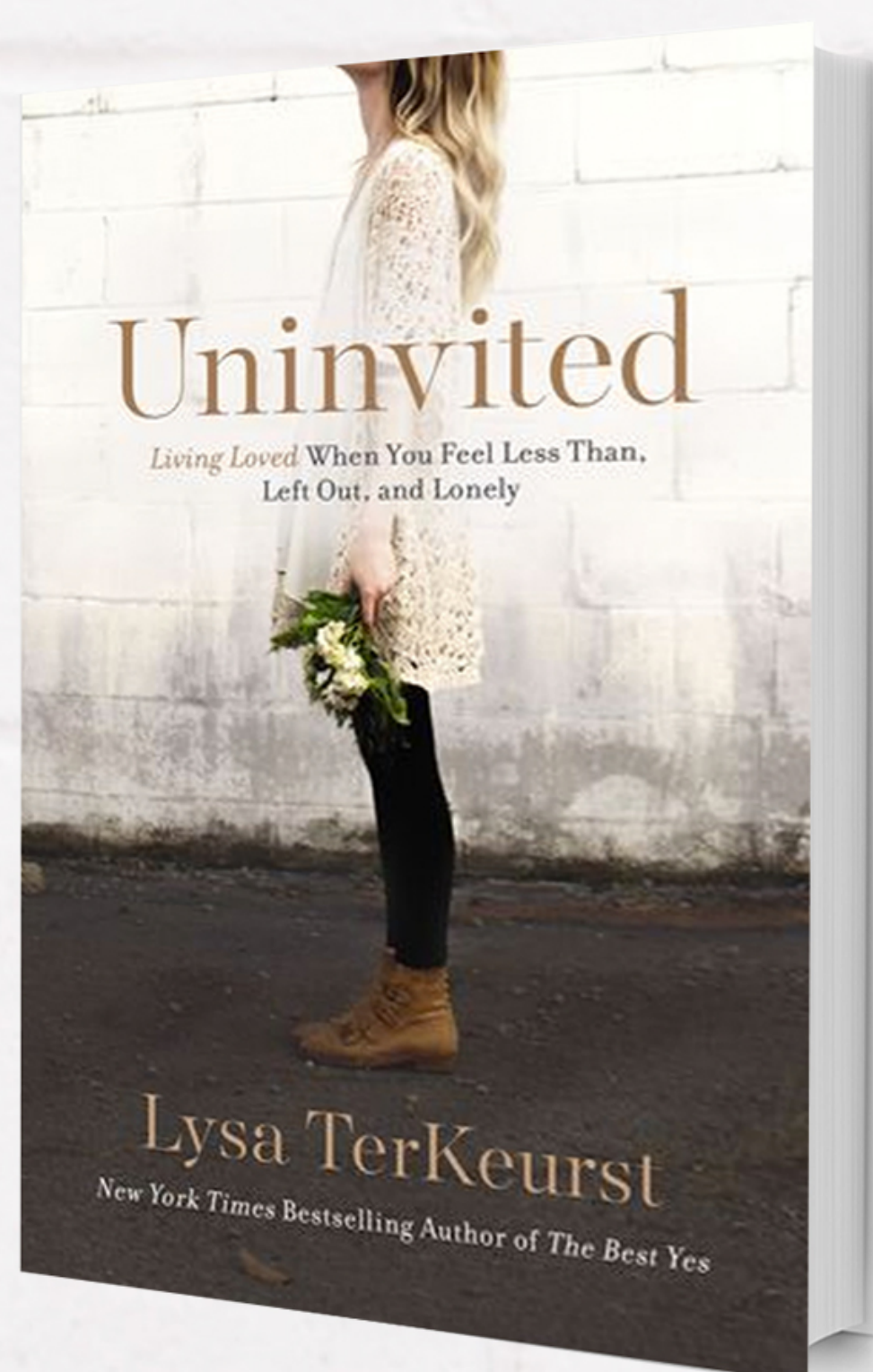


“Rejection steals the best of who I am by reinforcing the worst of what’s been said to me.”

**LYSA TERKEURST, NEW YORK TIMES BESTSELLING AUTHOR OF THE BEST YES, WILL RELEASE NEW BOOK UNINVITED IN AUGUST**

**UNINVITED HELPS US REALIZE THE MORE FULLY WE INVITE GOD IN, THE LESS WE WILL FEEL UNINVITED BY OTHERS.**



In our highly filtered, unrealistically edited, perfection projecting social-media-driven world, women are feeling the pains of rejection more than ever before. That is why on August 9, 2016, *New York Times* bestselling author Lysa TerKeurst will release *Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely* (Nelson Books, 2016).

The truth is, rejection affects us all way more than we’d like to admit. And too often, the hurts of our past are affecting our present more than we realize. According to TerKeurst, “We are all either trying to get healing from past rejection, dealing with a present rejection, or fearing that an unexpected rejection is just around the corner.”

*Rejection isn’t just an emotion we feel, it’s a message that’s sent to the core of who we are, causing us to believe lies about ourselves, others, and God.*

*Uninvited* tells the story of the enemy’s schemes to make us feel less than, left out, and lonely. His lies can cripple our courage, dismantle our dreams, and blind us to the beauty of God’s love; but TerKeurst reminds us that the fullness of God can be found in the radical act of “living loved”—in finally seeing ourselves the way God does, as children who were made to take hold of the love He freely gives.

*Uninvited* invites us to a place of abundance, grace, and hope—where God knows every part of us, and loves us just the same. With a mix of biblical depth, gut-honest vulnerability, refreshing wit, and chapters like “There’s a Lady at the Gym Who Hates Me,” “Hello, My Name Is Trust Issues,” and “Ten Things You Must Remember When Rejected,” TerKeurst empowers readers with practical strategies for handling rejection in a whole new way.



In *Uninvited*, readers will learn how to:

- Stop feeling left out by believing that even when you are overlooked by others you are handpicked by God.
- Change your tendency to either fall apart or control the actions of others by embracing God-honoring ways to process your hurt.
- Know exactly what to pray for the next ten days to steady your soul and restore your confidence in the midst of rejection.
- Overcome the two core fears that feed your insecurities by understanding the secret of belonging.

*Uninvited* is a practical guidebook for:

- Most of us who have no idea how much past rejections are harming present relationships.
- Women who constantly battle feeling left out and less than caused by filter-filled social media.
- Singles hurting from failed romantic relationships.
- Anyone tending to the scars left by a broken family or an unhealthy friendship or relationship.
- College students looking for ways to arm themselves against rejection in a new environment.
- Teenagers facing bullies, peer pressure, and self-doubt.
- Parents needing to heal from their own rejections before they can help children who are hurting.
- Anyone who has dealt with or is currently dealing with a deep hurt.

Through the pages of *Uninvited*, you will be taken on a journey of finding the acceptance and love you've always longed for and start to pick up the pieces that maybe you've been trying to put back together for years. You'll laugh, cry, and best of all discover that with Jesus you are safe, forever accepted, forever held, completely loved, and always invited in.

## Uninvited

*Feeling Loved When You Feel  
Less Than, Left Out, and Lonely*

By Lysa TerKeurst

August 9, 2016

From Nelson Books

Author interviews, excerpts,  
and images are available.

*Uninvited* Bible study curriculum  
and DVD will also be available  
August 9.

Trade paperback ISBN: 9781400205875  
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9781400205882  
Print MSRP: \$16.99  
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5 1/2" x 8 3/8", 288 pp.  
BISAC: RELIGION / CHRISTIAN LIFE  
/ WOMEN'S ISSUES



**Lysa TerKeurst** is the *New York Times* bestselling author of *The Best Yes*. She is president of Proverbs 31 Ministries and writes from her sticky farm table in North Carolina. She still has a crush on her husband, Art, who she's been married to for twenty-four years. They deeply treasure every minute they can get with their four married kids and one teenager who keeps the family very entertained.

Connect with her at [www.LysaTerKeurst.com](http://www.LysaTerKeurst.com).

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**For more information visit:**

*[uninvitedbook.com](http://uninvitedbook.com)*



## WHAT READERS ARE SAYING ABOUT UNINVITED

*“Lysa is one of my favorite people. It’s not because she’s smart or deep or caring, although she’s all of these things. Lysa impresses me because she’s real and transparent and honest. She’s got plenty of guts and grit to get through difficult times, but what she has even more of is this—Jesus. She’s learned what dazzles Him isn’t our successes, but our faith. This book will point you back toward Jesus when it feels like you’ve lost your way.”*

—BOB GOFF, NEW YORK TIMES BESTSELLING AUTHOR OF *LOVE DOES*

*“Lysa has done it again! You absolutely won’t be able to put down this book. It’s compelling from the first page to the last. With her trademark vulnerability, Lysa lays out a heartfelt means to managing the fears, rejections, insecurities, and unsteadiness we all experience. Trust us when we tell you that you’ve never read a book like this before. Don’t miss out. We simply can’t recommend Uninvited enough.”*

—DRS. LES AND LESLIE PARROTT, #1 NEW YORK TIMES  
BESTSELLING AUTHORS OF *SAVING YOUR MARRIAGE BEFORE IT STARTS*

*“Lysa TerKeurst has an undeniable gift for sharing her heart’s struggles in ways that strengthen and equip the lives of others. I can’t remember the last time I read a book with so many insights into human nature and even more gold nuggets of biblical truth. Don’t miss this book—it will bless you more each time you read it!”*

—CHRIS HODGES, SENIOR PASTOR, CHURCH OF THE HIGHLANDS; AUTHOR OF *FRESH AIR AND FOUR CUPS*

*“This book is a must read. Lysa speaks beautifully yet prophetically to a culture that uniquely is able to see what our friends are eating, playing, doing, and planning at any moment with the little device in our pocket. My favorite part is that Lysa turns our eyes to what’s most important though, and that is the great invitation we have to sit at the table with the Living God who has been for us from the beginning.”*

—JEFFERSON BETHKE, BESTSELLING AUTHOR OF *JESUS > RELIGION AND IT’S NOT WHAT YOU THINK*

*“The great beauty of this book is that it doesn’t just empathize with the pain of rejection, but it instills a godly courage into your soul to help you learn to walk with holy confidence. A confidence rooted in the steadfast, everlasting, wildly passionate, and abundant love of Jesus. This is a must read!” —Alicia S.*

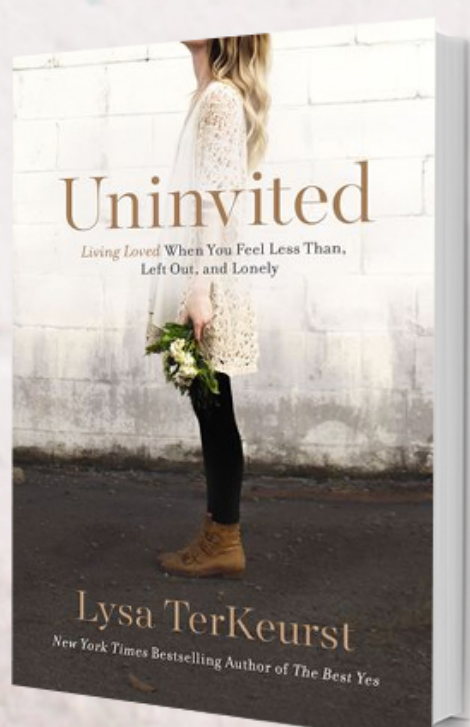
*“This book is like a conversation between good friends that moves effortlessly from light-hearted and chatty to down and dirty, vulnerable and challenging. The danger of allowing rejection or the fear of rejection to measure our worth is at the core of many struggles women face today. Lysa confronts that issue with honesty, practicality, humor, and—most importantly—God’s truth. Uninvited is not to be missed!” —Sarah R.*

*“It’s almost as if Lysa has seen my life and written it down. I am recommending this book to every woman I know.” —Sarah L.*



## SUGGESTED INTERVIEW QUESTIONS FOR LYSA TERKEURST, AUTHOR OF *UNINVITED*

1. What inspired you to write *Uninvited*?
2. What are the core fears that feed a person's sensitivity to rejection?
3. In *Uninvited*, you open up about your relationship, or lack of, with your father. Why was it important for you to share that part of your story with readers?
4. You also talk about how feelings of rejection often manifest themselves when a person assigns negative thoughts to others. Why do we do that? And more important, how do we avoid it?
5. "At the core of who we are we crave the acceptance that comes from being loved. To satisfy this longing we will either be a grasper of God's love or a grabber of people's love. If we grasp the full love of Christ, we won't grab at other things to fill us." That is a staggering quote from chapter 4. Please explain why it is so important for women (and men) to understand the difference between God's love and everything else.
6. You talk a lot about relationships in *Uninvited*—family, dating relationships, marriage, friendships—and the types of rejection that can occur within those different dynamics. But you make one thing very clear: relationships don't come in packages of perfection—they come in packages of potential. Can you elaborate?
7. Can you explain why so many people try to fix inside hurts with outside achievements and why they should be seeking a different source of comfort?
8. How do we stop the cycle of rejection?
9. Something fascinating you write about in chapter 6 is that the pain we feel during times of rejection is scientifically similar to physical pain. Can you explain that?
10. The scenarios in life during which someone may feel a sense of rejection are endless—in the workplace, at the gym, in your own household. But one thing you stress in *Uninvited* is the difference between being set aside and being set apart. Can you explain how understanding the difference can help us process feelings of rejection in a healthier way?
11. Today it would be difficult to talk about rejection without at least mentioning the impact social media has on our current culture. Do you address this in *Uninvited*?
12. What is the one main thing you want readers to take away from this book?



***Uninvited: Feeling Loved When You Feel Less Than, Left Out, and Lonely* (8/9/16)**

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