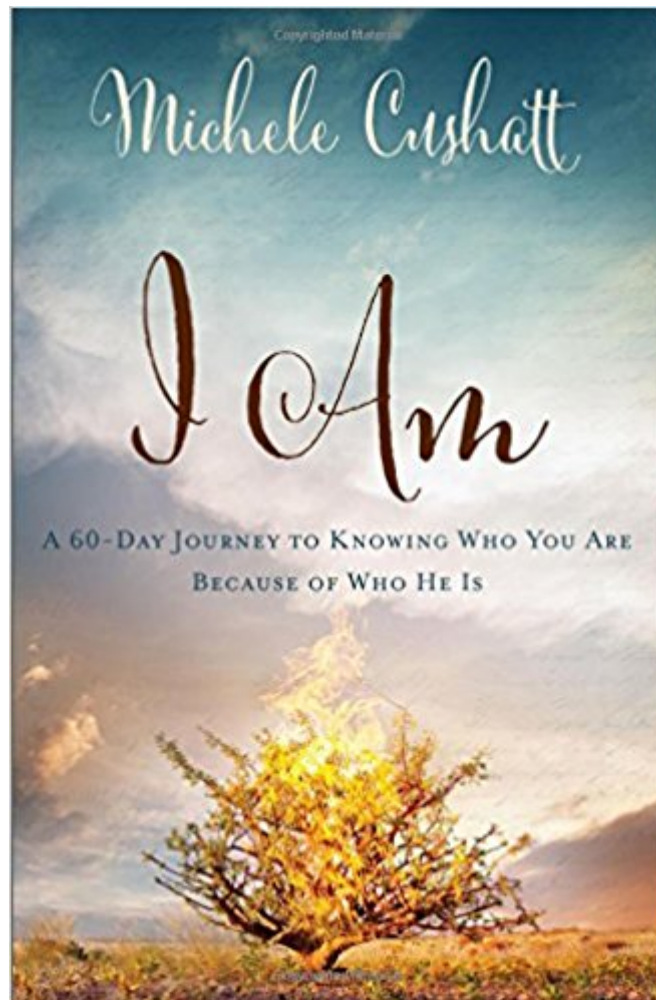




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# **I Am: A 60-Day Journey To Knowing Who You Are Because Of Who He Is**



## Synopsis

From the moment a woman wakes until she falls, exhausted, on her pillow, one question plagues her at every turn: Am I enough? The pressure to do more, be more has never been more intense. Online marketing. Self-help books. Movies, magazines and gym memberships. Even church attendance and social media streams have become a means of comparing ourselves to impossible standards. Am I pretty enough? Hip enough? Spiritual enough? We fear the answer is

“No.”

When a brutal bout with cancer changed how she looked, talked, and lived, Michele Cushatt embarked on a soul-deep journey to rediscover herself. The typical self-esteem strategies and positivity plans weren’t enough. Instead, she needed a new foundation, one that wouldn’t prove flimsy when faced with the onslaught of day-to-day life. With raw personal stories, rock-solid biblical teaching, and radical truths on which to rebuild your life, *I Am* will help you:

- End the barrage of negative self-talk with an empowering new narrative.
- Refuse to ride the rollercoaster of others’ opinions and start believing what God’s says about you.
- Stop agonizing over past regrets and failures and make peace with God’s sovereign plan for your life.
- Leave insecurity behind as you exchange temporary fixes for an identity established on God’s unchanging affection.

*I Am* reminds us that our value isn’t found in our talents, achievements, relationships, or appearance. It is instead found in a God who chose us, sent us, and promised to be with us forever.

## Book Information

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## Customer Reviews

"When Michele says journey, I start packing up my knapsack, because I know my truth-telling friend has paid a price to know what she knows. I encourage you to join in and encounter your own

"burning bush" on this illuminated path of discovery. And plan on camping out on her brilliant questions. I'll bring some more."--Patsy Clairmont, speaker, Women of Faith/Belong; author, *You Are More Than You Know* Michele Cushatt has earned the right to be heard. Period. If you're looking for a couple of months' worth of platitudes, you've chosen the wrong book. Textured by Michele's physical and spiritual scars from battles you wouldn't wish on your worst enemy, *I Am* will both convict and thrill you. --Jerry Jenkins, writer of the *Left Behind* series On the pages of *I Am* you will find you are wanted, heard, healed, enough, safe, and that you belong. You will not close this book the same as when you started! --Lysa TerKeurst, New York Times bestselling author; president of Proverbs 31 Ministries If you ever struggle as I do with the question, "Am I enough?" this book is for you. Michele didn't learn these powerful lessons from the comfort of an armchair as a spectator of the lives of others. The personal, practical wisdom she shares came from deep, dark places and will bring light and healing to all who dive in. --Sheila Walsh, cohost, *Life Today* Using vulnerable personal stories, insightful biblical teaching, and soul-searching reflection, Michele Cushatt helped me reframe my life through the lens of who God is and who I am because I am His. Through this powerful sixty-day journey, I found hope and courage to let God rewrite the story I am living and the story I am telling myself every day. --Renee Swope, author, award-winning *A Confident Heart* When Michele says journey, I start packing up my knapsack, because I know my truth-telling friend has paid a price to know what she knows. I encourage you to join in and encounter your own "burning bush" on this illuminated path of discovery. And plan on camping out on her brilliant questions. I'll bring some more. (Patsy Clairmont, speaker, Women of Faith/Belong; author, *You Are More Than You Know*) Michele Cushatt has earned the right to be heard. Period. If you're looking for a couple of months' worth of platitudes, you've chosen the wrong book. Textured by Michele's physical and spiritual scars from battles you wouldn't wish on your worst enemy, *I Am* will both convict and thrill you. (Jerry Jenkins, writer of the *Left Behind* series) Using vulnerable personal stories, insightful biblical teaching, and soul-searching reflection, Michele Cushatt helped me reframe my life through the lens of who God is and who I am because I am His. Through this powerful sixty-day journey, I found hope and courage to let God rewrite the story I am living and the story I am telling myself every day. (Renee Swope, author, award-winning *A Confident Heart*) If you ever struggle as I do with the question, "Am I enough?" this book is for you. Michele didn't learn these powerful lessons from the comfort of an armchair as a spectator of the lives of others. The personal, practical wisdom she shares came from deep, dark places and will bring light and healing

to all who dive in. (Sheila Walsh, cohost, Life Today) On the pages of *I Am* you will find you are wanted, heard, healed, enough, safe, and that you belong. You will not close this book the same as when you started! (Lysa Terkeurst, New York Times bestselling author; president of Proverbs 31 Ministries) With an honest, compelling, and fun voice, Michele Cushatt invites us into a thorough understanding of who God has made and called us to be. This sixty-day read can make a difference of us, whether we're sixteen or sixty years old. Come and see yourself as God sees you! (Elisa Morgan, speaker; author, *The Beauty of Broken* and *Hello, Beauty Full*; cohost, *Discover the Word*) Michele Cushatt is a beautiful messenger from the deep well of personal trial. I needed her words in this devotional book: to remind me of who I am and of the great I Am who changes everything. Grace and truth are found in these pages. Thank you, Michele, for this most timely word---one I will read over and over again. (Lisa Whittle, speaker; author, *hole* and *I Want God*) When life gets hard, we too easily lose sight of who we are. It seems the world screams lies at us while God whispers truth to our hearts. On the pages of this book, Michele brings a megaphone to God's voice so we can silence the lies and grab hold of the truth. Let these words soak into your soul so you can stand firm in who you really are. (Jill Savage, founder and CEO of Hearts at Home; author, *No More Perfect Moms*)

Do you ever wish you were someone else? Maybe not every day or all the time, but you have those moments when you take a long hard look at yourself and wonder: Who AM I? This is SO not how I imagined ending up. Yes? Me, too. In fact, for most of my life, I've been running away from the real me and, instead, chasing this image of who I wanted to be. I wanted to be this amazing wife and mother, a smart businesswoman, a world-changing Jesus follower. I wanted my life to matter, to make a difference. Problem is, most days I feel about as far away from those things as the sea is from the sky. No matter how hard I try, I just can't seem to get it right. I wake up early, I stay up late, but the to-dos are never done. I start the day determined to love my husband and children better, but then I want to wring their necks usually before dinner. I read my Bible and pray, but I keep blowing it, making mistakes, and acting anything but Jesus-like. The short of it is this: As much as I put on a confident front, most days I struggle to like who I am. For me, this struggle got more personal when a cancer diagnosis and resulting surgery and treatment radically altered my body, my relationships, and my abilities. Then, like a hurricane forever changing the landscape, I no longer recognized myself. I felt lost in my own life and struggled to find any worth. Our stories may be different, but the tension is the same. The pressure to do more, be more has never been more intense. But, sooner or later,

something interrupts our efforts at significance. And in spite of all the promises of modern self-esteem strategies and self-help plans, simply attacking the symptoms of our dissatisfaction isn't enough. We need to find our way back home, to the core of who we are, who we've always been, from the very beginning. This is why I wrote I Am: A 60-day Journey to Knowing Who You Are Because of Who He Is. Because you and I, we've been buying into the wrong standards, believing the wrong promises. I Am turns the words of God himself into our clearest mirror, revealing a value that cannot be affected by either our best offerings or our worst failures. It's time we stop chasing after value and instead receive it. Join me, and let's find our way home, together.

What love about this book is that it is something that I will read over and over again. Hopefully one day I will not need to be reminded that I am enough just the way that I am but until then I can open up this book and let the words in it remind me of who I am in Christ and how much he loves me. I have a list of friends that I am going to be giving this book to because they too need to be reminded of who they are in Christ. Michele Cushatt has a gift with words. I am grateful to her for being willing to share about the road she has traveled because it provides hope for the rest of us. Go buy the book. Buy several because as you begin to read you will continually be thinking of all the friends that you have that should be reading these words as well.

Until I read I AM, I didn't realize the source of all my angst. My identity was wrapped up in all the wrong things...making it out of bad relationships, getting an education (finally)...building a private practice...marrying a wonderful man (finally)...being active and healthy...being young. When much of that was stripped away after a series of unfortunate events and health crises, I didn't know who I was any longer. I needed to find out who I was and how valuable I am to God...just the way I am. That's what this book taught me. Each day built me back up as I learned about my true identity. This book is written like a devotional. I will be picking it back up again and again as life causes me to forget that true identity. It's easy to find just what you need in each chapter by the titles or go through the 60 days as many times as you need. I cannot recommend this book enough.

"I Am"- A beautiful, honest and POWERFUL journey, led by Michele Cushatt, that will leave you peaceful, inspired, in tears at times, and in awe...as you discover all that you truly are, now-at this very moment..all because of who He is, and how much He loves you.Michele's incredible vulnerability, honesty and wisdom found throughout the toughest and darkest times in her life, will

help you navigate through your greatest fears, anxieties, insecurities, disappointments and sadness. I'm so grateful that at a time when I needed faith restored and hope renewed--a time where I ached to find joy again--"I Am" was the GREATEST GIFT placed into my hands--and now placed into my heart forever.

I Am is a book for EVERY person. In the midst of 60 short, easily readable chapters, you'll find yourself in at least one - if not many. Michele has a way to bring her ordinary life experiences and tie them to the bible in an extraordinary way. This is a book you will read again and again and always find a few new nuggets of truth.

Michele has captured what we all deal with in discovering who we are. This tender book takes all of our insecurities and places them at the feet of the One who created us. Great questions and reflection complete each of the 60 days, which lends itself to be used as a great group study.

The truth found in these pages is life-giving! I am savoring each day, and trying to keep myself to one entry, although Cushatt's artful mastery of words makes it difficult to stop at just one. This 60 day journey includes personal, beautiful, compelling stories told by Cushatt (a MASTERFUL storyteller) and leads you through an in-depth exploration of who God is and who He says you are, most often contrary to false messages about our worth and identity we hear in today's world. So many entries have given me great pause, and reflection. And knowing how our humanness and God's divine can intermingle to make us who we are - that is worth far more than the cost of this book.

For all those who struggle to find some value or acceptance in external circumstances (job promotions, popularity, looks, acceptance by others), the author Michelle shares how you find value in the only thing that does count-God and in one's faith. For anyone who has just a bit of faith, this book will transform that into something bigger and more powerful to change one's life. Michelle's raw honesty and own personal struggles provide encouragement and hope to anyone who reads this book. You can't help being changed after reading each chapter as Michelle challenges you after each chapter to ask yourself certain questions that will only deepen your faith. I loved reading this book and it is a book I will constantly read over and over again.

This book reached my heart like nothing else and I want you to experience it too! I will not give anything away; yet I will say this. Day 10 page 64 "I am Known": John 10:14 "I know my sheep and my sheep know me". As I lean into a transitional, mysterious year ahead of me and the moments of loneliness and longing, THIS CHAPTER says it all. Jesus knows me more than anyone, deeper than any human. Michele's beautifully crafted message resonates on every page and undeniably reminds us who we are through him. Wow, truly powerful. Thank you Michele for the work and your willingness to draw upon so much strength to write this book!

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