



- New Book Release -

# The Silent **CONFIDENCE** Killer

To live is to experience uncertainty. To live is to lose something or someone meaningful to us. To be alive is to work to recover from such losses as quickly and as whole as possible. But what happens when we think we have recovered and we haven't? What happens when our attempt at returning to life as quickly as we can actually backfires, doing more harm than good. What do we do when we think we are the same and we want to be the same, but we can't be the same because of what the losses took from us or because of what the loss shifted inside of us?

The author of *The Silent Confidence Killer* candidly answers these tough questions for us as she bravely walks us, chapter by chapter, through her own painful story of how a series of losses eroded her confidence leaving her with just a shell of herself—as she desperately tried to make sense of what was happening. The pages of *The Silent Confidence Killer* are also filled with notable real life stories of others who managed, with the help of a support system, to reclaim their life after suffering from eroded confidence brought on by unexpected losses.

Amidst the gloomy accounts and uncomfortable truths, the redemptive value of *The Silent Confidence Killer* is the tools and solutions that are shared to aid the reader in identifying, confronting, and overcoming loss' impact . . . before the loss is able to take more than it was initially intended to take.

With so many people walking around in partnership with anger and holding on to pain and dragging their brokenness everywhere they go, *The Silent Confidence Killer* is a beautiful reminder that if and when we are present we can lock into the grace that God gives us to prepare for loss before the loss, so that when the loss comes—and it is coming—we are not subliminally nor unrecognizably dismantled.



MISCHA TOLAND, AUTHOR

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