



The Emotionally Healthy Woman: Eight Things You Have to Quit to Change Your Life

Gerri Scazzero , Peter Scazzero (With)

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Geri Scazzero knew there was something desperately wrong with her life. She felt like a single parent raising her four young daughters alone. She finally told her husband, “I quit,” and left the thriving church he pastored, beginning a journey that transformed her and her marriage for the better.

In *The Emotionally Healthy Woman*, Geri provides you a way out of an inauthentic, superficial spirituality to genuine freedom in Christ. This book is for every woman who thinks, “I can’t keep pretending everything is fine!”

The journey to emotional health begins by quitting. Geri quit being afraid of what others think. She quit lying. She quit denying her anger and sadness. She quit living someone else’s life. When you quit those things that are damaging to your soul or the souls of others, you are freed up to choose other ways of being and relating that are rooted in love and lead to life.

When you quit for the right reasons, at the right time, and in the right way, you’re on the path not only to emotional health, but also to the true purpose of your life.

The Emotionally Healthy Woman: Eight Things You Have to Quit to Change Your Life Details

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From Reader Review The Emotionally Healthy Woman: Eight Things You Have to Quit to Change Your Life for online ebook

Leigh Ann says

This book was ok, but not great. This is a Pastor's wife who had to quit living for everyone else and start living for herself. She talks about 8 things we should "Quit". A lot of her points are good ones, I especially enjoyed the chapter on Quit Overfunctioning, but I found myself thinking she had crossed over from selflessness to the point of self-harm, to selfishness where everyone has to put up with her boundaries. I felt she went too far in some areas. There are some good things to learn from this book, but wasn't as good as I'd expected.

Teresa Logan-Brazwell says

What A Blessing!

This book was a true eye opener. To know that I should not feel guilty because I choose not to participate in every event out ministry is having is a HUGE relief but, most importantly it's all back up with God's word. This book provided practical advice that anyone can put into action. Not only have I applied the suggestions in the activities of my church but mainly in my personal life. THANK YOU, this rejuvenating I needed.

Anna says

This book just wasn't written for me - it speaks to a subset of generally conservative Christianity where self care (or even admitting that you have needs of your own, despite of course being primarily a wife and mother) is revolutionary. If you struggle with the idea that your own needs are valid and your opinions matter as much as your husband's... then this would be a good place to start exploring the idea of being honest in your relationships, valuing your own time and feelings, and taking care of yourself guilt-free.

I was also hoping for a more memoir style, which would have let me connect more with the author. This was a book club pick, so I did my best to power through despite my mis-match to the target audience.

Nicole Galasso says

Really loved this book. I think its good for women (AND men). I think it was a good balance of spiritual principles and biblical references and real life scenarios. It is applicable for people of the christian faith and for people not of it. I also liked that each chapter was clearly outlined and i found that i saw myself in alot the scenarios. gave me something to reflect on. i also appreciated how honest and open the author is and isnt afraid to "go there". would highly recommend the book.

DrJPK says

Well worth the read!

Chandra Boulden says

A few good concepts, overall needed to stay on the editing floor a little while longer. Very few scripture references for being a biblical book. Enlightened by the concept of over functioning in relationships. Will be readjusting.

Tracy says

Good thoughts on things to quit to become emotionally healthy... I felt some of her examples were kind of weird/silly but an overall good book. I have lots of notes in places where I want to do some journaling.

Amanda says

This book was okay. I listened to the audiobook while cleaning and driving. It's one I'd really enjoy having a copy of. Also, might be a great small group. However, she went a little too far in some areas.

Susan says

Hey, Ladies! Yes, I'm talking to you! I have found the answer to the questions "What are we to do during the next Friday Night Ladies gathering?" or "Any suggestions for the next Book Club selection?" Round up ten of your best girlfriends, prepare a hearty cup of tea, and grab a copy of Geri Scazzero's latest work, *The Emotionally Healthy Woman: Eight Things You Have To Quit To Change Your Life*. This book will change your life.

Using personal experiences as a pastor's wife to a growing church in an urban context, the heart of *The Emotionally Healthy Woman* is found in the advice offered to women—advice learned at a high cost through hard lessons learned by Mrs. Scazzero during a difficult season of life.

The impact of *The Emotionally Healthy Woman* is directly attributed to the author's transparency. In a straightforward manner, Scazzero shares the highs, lows, pressures and claustrophobic expectations placed upon her early on in her marriage. In sharing her (unhealthy) reactions of suppression, avoidance, and deferring, Scazzero offers her experiences as an examples of what not to do. As such, *The Emotionally Healthy Woman* reads as a blueprint for how to establish (and maintain) healthy boundaries, engage lovingly with others in high pressure and stress laden situations, and communicate openly with 'all parties involved' so that perceived expectations are clarified and personal limitations (and preferences) are understood.

Full review available by visiting: [In This Together review of The Emotionally Healthy Woman](#)

Regina Ripamonti says

Loved this book! Well done Geri. Thank you for sharing your journey with me through your book.

Amy Morgan says

I really loved this book. I think it is a must-read for minister's wives because of Geri's frankness about her own story, which is essentially a minister's wife caught up in obligation after obligation, suffering with stowed bitterness and rage, with no identity of her own.

The book was previously titled, "I Quit!" and even now has the subtitle, "eight things you have to quit to change your life." I wish they'd kept the old title, because the book doesn't really have anything to say to only women uniquely except that she mainly uses examples from her own life. The principles are gender spanning.

I really loved her point in chapter one that we won't be able to quit stewing over what other people think until we immerse ourselves in God's love. Only when we immerse ourselves in God's love will we be able to quit lying (chapter 2) to ourselves, about ourselves and others. Her chapter on overfunctioning was also extremely valuable—it really highlighted how complementary gender roles can slide into emotional unhealth and keep spouses from working together as a team.

Overall, I'd recommend this to women in general and especially to ministry wives who find themselves overburdened and lost.

Cheryl says

I picked up this book because I can never learn enough about how to improve my life spiritually. While I did find this book to be helpful. I would have to say that it is more of a workout that you would do on your own. I was expecting it to have exercises at the end of each chapter as a helpful guide/tool. Instead each chapter titled: Quit being afraid of what others think, quit lying, quit dying to the wrong things, quit denying anger, sadness, and fear, quit blaming, quit overfunctioning, quit faulty thinking, and quit living someone else's life was laid out with Geri sharing her own personal experiences in each category and then towards the end of each chapter it was split out into two or three sections on how to improve in each of these areas for yourself.

Still this was a good book. I did learn just how important all of these eight things are to having a good, healthy, happy life. Geri did a good job of explaining these things. Readers will relate to everything she is saying including all of her personal experiences. She does not talk down to readers but talks on an even level.

Liz says

the good: yes! quit lying! quit blaming others! quit being afraid of what others think! There are often good

descriptions of these dangerous habits so many of us struggle with ... and self-examination is always a good place to start.

the rest.. so much of it left an uncomfortable feeling. it may be that she had so thoroughly "erased" her self, that it took drastic steps to change things, but I am uncomfortable with advocating these unilateral declarations and changes in a marriage (an abusive marriage is a different thing, and not what she described): "I'm quitting the church you pastor and attending elsewhere"; "I'm taking the kids and spending a month at my parents - even though you don't approve", "you're doing your OWN laundry from now on", etc.

Much of it sounds just selfish to my ears .. a number of "I, I, I" sections. There is SO MUCH focus on "me" and "my", and little on growing in the image of Christ, and letting him live his life through my own. People often say, "eat the corn and leave the cob". There is some good corn, here, but I found a lot of "cob" as well.

Pamela says

My Women's Bible Study group read this over an eight week period. It was really helpful and created so much really good discussion. There is so much to learn about ourselves as women. We learned to "let go" of certain things in our lives that are holding us back. Geri Scazzero did a great job with her explanations of the changes she made in her life and how it could apply to everyone! Made some major changes in my life because of this book. Loved the lessons I learned. Truly it helped discussing it with other really insightful ladies. I highly recommend this book for all women.

Chontali says

Loved her bold move to do what she had to in order to get well emotionally. I appreciate the transparency in this book. Very helpful to me.
