



She's Still There: Rescuing the Girl in You

Chrystal Evans Hurst

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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 toos", reminders of the hoped for, and challenges for the path ahead—to find direction, purpose, and true satisfaction.

She's Still There: Rescuing the Girl in You Details

Date : Published August 8th 2017 by Zondervan

ISBN : 9780310347811

Author : Chrystal Evans Hurst

Format : Paperback 320 pages

Genre : Christian, Nonfiction, Spirituality, Christian Non Fiction, Self Help, Christian Living

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From Reader Review She's Still There: Rescuing the Girl in You for online ebook

Taylor says

I received an e-ARC of this book through NetGalley from Zondervan in exchange for an honest review

I've been looking for books to really inspire me and help to push me ahead in my walk with the Lord and I think this book has really gotten me to that extra step. You don't have to be in your middle life to experience a crisis of feeling like you've lost track of that "girl" within yourself. Reading her book has helped me examine some of my own unhealthy ways of dealing with the crisis I have been faced with and has shown me ways I can step out of my own way and into God's way. I enjoyed the way she wrote to us readers as personal and caring but also confronting in that she was willing to show her own struggle but be honest about the fact that you can't stay where you are if there's going to be progress. It was also refreshing to read a book like this that gave practical strategies for change instead of just general platitudes about life and how we aren't supposed to be feeling. Hurst was able to validate how we all feel, while still showing us how not to get stuck there and I really admire that in her courageous writing. I recommend this book to women of any age, to read themselves and to share with others. We all feel lost sometimes, but it's nice to know that even when we're lost we're not alone.

Tracye Goad says

As a wife for over 21 years, mother, stepmother, grandmother, homeschooling family for 16 years and counting, in home daycare provider, and active in children's ministry...I got lost. I look in the mirror and I don't quite recognize my reflection. Yes, there are extra pounds, gray hair, and many physical changes. But, it's the inner me looking back at a stranger. I was beginning to lose my fire and passion as His daughter under layers of disappointments, struggles, unmet expectations and the reality of life. Entering a new season of life as my roles are drastically changing as my children are growing up, I wondered if there was a glimpse of the woman I long to be still inside. Chrystal Evans Hurst helped answer that question with this new book. I can unequivocally say, "Yes, She's Still There!" With her authentic, transparent writing I began finding myself in the pages of her book. With her practical and thought provoking questions and tools, I was able to begin to peel back layer and layer of things I was hiding behind and could begin to break chains that were holding me captive. Though I'm still a work in progress, this inspired book has been an incredible catalyst in finding myself again. I'm still not exactly sure what my next season of life will look like, but I'm walking confidently and joyfully into it with a renewed sense of worth, passion and drive. If you're a woman struggling with a lost sense of identity, "She's Still There" is an incredible tool of rescue to help get your feet back on the right path. She shows us how to be both a masterpiece and a work in progress at the same time. It's never too late to find who you are meant to be, no matter how lost or off track you feel. She's still there!

Michelle Martens-Dragalin says

Back History

I don't usually write how I received a book, but I thought I would share this with all of you.

This book is written by the sister of one of my favorite Bible Teachers, Priscilla Shirer. (Some of you may have remembered her from The War Room). About six or so (more or less) months ago I had discovered that her sister Chrystal Evan Hurst's blog and a couple of her podcast.

I started to follow Ms. Hurst's blog and she sent out a Google doc for people who interested in helping her with a book. Well, I wasn't chosen to help with the book. Over the preceding months I looked for the book on the various sites that haunt for books to review. The book came up on Netgalley by a publisher who I don't usually receive books from on a regular basis. So I left it up to God, requested the book and I was selected to read and review it. I used it for my morning devotion.

Synopsises

The book is a combination devotional/semi autobiography that discusse how we women go off track, FOR WHATEVER REASON. She provides biblical passages to illustrates the concept that she illustrated during the chapter.

The book has several chapters which include remember, reflect, and respond section at the end of each chapter. No matter how you do it, you will need a Bible, Paper, & the Book.

Book Review

As you can tell, I REALLY ENJOYED THS BOOK! The book was great, so much so that I am going to talk with our small group director about doing a bible study with regards to the book. There a couple of ways that I would use it at an online Bible Study.

Read the entire book, then complete each section or chapter as a group.

Reach each chapter and complete the Read, Response, and Reflection section

Read each section

Review the read, response & reflect section for each chapter.

The bible passages are both familiar and new. I was pleased because they brought me to parts of the Bible that I had either I hadn't been to for a while or (I'm sorry to say) not a book that I have read.

Finally, I was glad it didn't have a study guid. Maybe some people, but I liked going through the book with the questions at the end of the chapter and providing my own reflection.

Amy Langmaack says

This spring, out of desperation, I texted a friend: "Am I crazy if I feel like I want to walk away from everything I'm doing and just take a break from it all?" I had reached a point where I felt overwhelmed, out of control, and I had completely lost sight of the things that mattered most to me. So, I began planning for a break. I knew I couldn't just walk away. But my friend did encourage me to consider what I could cut out. And to plan for a break.

So, for the month of July, I stepped back from most of my responsibilities. We went on vacation and I took all social media off my phone and tried to set it aside more often then I was on it. I couldn't completely unplug. I still had to work. And I had some commitments I could not back out of.

One of those things was helping launch Chrystal Evans Hurst's new book She's Still There: Rescuing the Girl in You. Reading this book, however, felt like much more than just another commitment. It felt like God's

providence.

In this book, Hurst reminds us that the girl who dreamed big is still inside of us. She encourages us to fight for our dreams, for the life we always wanted. To really examine the life we live, and embrace the place we are in. Then, we must develop, encourage, and choose to live the life we've been given.

Through incredibly personal stories, it's more like you are sitting down for coffee with Hurst rather than reading her words on a page. Because I listen to her podcast, Chrystal's Chronicles, I could mostly hear her reading the words to me. Her cadence and story telling wove together a story that constantly pointed me back to God as I consider the dreams that he planted in me so many years ago.

Reading this book during my "break" from the world was definitely no accident. The reminder that we are always a work in progress so certainly needed in my time of feeling lost. This book feels a little bit like getting to walk alongside a life coach who is helping you once again find a purpose for your life.

Hurst doesn't tell you how to live your life or think about your life. But she does share the lessons God has shown her along the way and provides questions for you to consider to figure out your own direction. This book isn't a prescription. But it will provide the stepping stones you need to walk along to find the answers for yourself.

I received a copy of this from Zondervan. This review is my own, honest opinion.

Michelle Kidwell says

She's Still There

Rescuing the Girl in You
by Chrystal Evans Hurst

Zondervan Non-Fiction

Zondervan
Christian

Pub Date 08 Aug 2017

I am reviewing a copy of She's Still There through Zondervan Non-Fiction and Netgalley:

This book encourages us to believe that a uniquely beautiful life can be ours. And we are encouraged to choose to wrestle for the win. This book reminds us too that though we may not want to embrace where we are, we should embrace who we are. We are encouraged to believe that your present is not all that is impossible. We are reminded too that our darkest moment is only a moment in time.

This book goes on to remind us that without confession true restoration and healing cannot begin. The author points out too that owning our story is a sign of strength, and we are encouraged to believe we are made for more.

We are reminded that Drifts in life don't last forever. Unintentional living eventually reaches a dead end. The

author points out too that a trip through our own narrative is a trip worth taking. And we are reminded that being lost does not equate to us being lifeless. We are reminded too that the antidote to distraction is focus—the choice to pay attention and live aware. And we are reminded that a small drift left unattended will over time, make a big impact on our final destination. The author also reminds us we have the ability to choose. We are reminded too that we are a divinely inspired work of art, and that we are neither an accident or after thought! The author goes on to point out it's not as much about having the answer as it is learning it. This book encourages us to pay attention to the beauty of our soul and the pulse of our existence. We are reminded too that our drifts, decisions and collisions don't define us. We are encouraged too to learn to believe the value of who we are because of whose we are. And to never forget that we are loved.

In this book we are also reminded that we carry precious cargo. And it reminds us too that just because we know it does not mean we grow, and that is our job to participate consistently and intentionally in our life. We are reminded too that in order to change our life we are going to have to do something different. The book also points out that God expects us to discover, develop and deploy our gifts as we live life. We are also reminded we don't have to have it all figured out to move forward.

The author goes on to point out the importance of not being so engrossed in the business of living life that we forget to take care of our body! We are reminded too that our soul is designed to be filled with the abundant life, that comes from the living spirit. We are reminded too that although God is all knowing, and all powerful he still uses people in our lives. We are encouraged not to despise the small steps we take, and we are reminded that God will never leave us without a next step. We are encouraged too to make connections in unexpected places and to walk through the open doors the Lord opens for us. We are also encouraged to connect what we know, with what we do then we will watch new doors open to us.

We are reminded too that we exchange the nurture of our soul for the demands of the here and now, and then wonder why we feel empty, buried and lost. We are reminded too that significance is a gift to be both given and received. The author points out too that relationships take time, and our relationship with God is no different. We are encouraged too not to reach the end of our life and reach our goal realizing we were to focused on the result to enjoy the journey.

The author goes on to remind us of the importance of doing what we can with what we have. We are encouraged too to build on the gifts God has given us, not to minimize them. We are encouraged too to pay attention to the decisions we are making the way we are living life, because that is important!

We are reminded too of the importance of silencing the negative talk.

I would recommend She's Still There to Christian women of all ages!

Five out of five stars!

Happy Reading!

Joy Allison says

I've been listening to Chrystal's podcast and reading her blog (chrystalevanshurst.com) for about 2 years, so I already knew she is super-encouraging, super-practical, and super-real. This book, *She's Still There*, is all those things: super-encouraging, super-practical, and super-real. Chrystal takes stories from her own life plus very important scriptures and wisdom from the Bible and puts those together with steps to take the reader from discouragement to an action plan for getting out of the rut and getting back to the dreams and goals she had as a young girl. She shows women that God made us to be a masterpiece and has a plan for our life, in all stages of our life, in all walks of life and situations. Chrystal has not been shy when talking about her own failures and disappointments and it comes across in her writing that God cares about her AND me and wants us to live an abundant, purposeful life. She leads women through very practical steps with a reflection page at the end of each chapter, where the we are given something positive to remember, some questions to think about, a response or homework, and plenty of scripture. This book would be great for an individual or a small group study, since the scriptures and questions are already there with nothing extra to purchase. There's a personal assessment in the back of the book to help you figure out your gifts and abilities and also a personal note of encouragement from Chrystal. As I've worked my way through the book, I've learned to look at my past and own it, to embrace my life and use what I have in this moment to move forward, to gain discipline and direction, to coach myself over the rough spots, and to celebrate and believe change is possible! 5 stars!

Sarah says

Wow! I just finished this and feel like I have a good encourager in Chrystal Evans Hurst. This is an outstanding book about finding and rescuing the girl in you. We are a masterpiece and shouldn't feel discouraged in the mess of life. We can be a masterpiece and a work in progress simultaneously. We have to choose to honor ourselves. Our dark moments are only moments in time. Decide to fight for your life. Owning your story is an act of strength. Unintentional living eventually leads to a dead end. Many tips, Bible verses and quotes are given.

Ronni says

She's Still There will come into your life and you will feel more ready than ever to pick yourself up, dust off the past, and run full on into the life that God has had laid out for you all along! As a mother of 7 I had begun to feel that I was no longer a person, that my life was keeping these other humans happy and on the right track. As I read *She's Still There* I began to see that God never gave up on the girl in me....I DID! Chrystal walks you through her past experiences while blending it up with God's truths in a way that will have you laughing, crying, and searching your life to get back on track!

Sonja Clark says

An amazing blend of inspiration and practical application. Chrystal feels like a kind and honest friend, reminding you of your unique value, and giving a good kick in the pants when needed. A great book for anyone looking to start fresh in an area of life.

Quantrilla Ard says

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.

Allison says

I received an advance copy of this book from NetGalley in exchange for an honest review.

I am so glad I was able to read this book and will definitely buy a paper copy in August. Chrystal is able to navigate a difficult subject and balance the tension between knowing yourself and finding your identity in Christ. This is a must-read for Christian women.

Shannan Williams says

Wow, this book is just amazing! This book is about finding the girl inside of you...the girl you thought had disappeared. We get so caught up in everyday life that we sometimes lose ourselves and are just completely overwhelmed by the busyness of it all. This book causes you to slow down and discover that the girl is still there. Chrystal writes real, raw, and honest. Reading this book was like sitting down with my best friend. This book is full of real stories, Scripture, stories from the Bible, encouragement, tools for success in finding that girl again and much more. I really love how Chrystal was so real in this book. It helped to read stories that I could relate to, even some that I haven't experienced...she made me laugh and nod my head in agreement so many times. Other places in the book were more serious and really made me think. Needless to say, I could go on and on but you'll just have to take my word for it. This is a 5***** book all the way!

I received a copy of this book from the author/publisher and the opinions stated above are solely my own

Beth Burdine says

I've followed Chrystal for a while on social media and have been listening to her podcast. Her writing has such a unique voice and I can just hear her saying the words in this book. Every chapter starts with a personal story, then she ties it in spiritually and really starts bringing it. The chapter ends with several scriptures to look up, which I love because it keeps me in my Bible. I highlighted several and they would reappear in later chapters, and I was like, "Yeah, I need to read that again, need to be living it out." The book is full of truth and hope and encouragement and I highly recommend it.

Elizabeth Moore says

Can't wait for the release of this book! It's coming out in August of 2017. Chrystal writes about something that NEEDS to be talked about in Christian circles but rarely is--losing yourself. It's a real thing. Yes, our identity is fully in Christ, but our dreams, goals, gifts, and passions can get buried in life. Chrystal teaches us, beautifully and very, very practically, how to find our girl and give her the freedom to live again.

Camia O says

She's Still There really has touched my heart. This book has helped me to see parts of myself that I didn't know was there. I have been able to acknowledge different areas of my life of hurt, pain and joy that I forgot about.

I love genuineness and authenticity; in Chrystal's book, she's exactly that. She is genuine and authentic. If you are honest with yourself as you read this book and take practical steps to move forward, things will change. Your circumstance may not change, but you will change if you allow yourself to. I know that I am worth the rescue and I am worth fighting for.

Anyone who reads this book will have the opportunity to see that they are worth the rescue and they are worth fighting for as well. Just take a leap of faith.
