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Contact:

Audra Jennings, Publicist
ajenningspr@gmail.com
903-874-8363



**More for Mom:
Living Your Whole
and Holy Life**
By Kristin Funston

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Highlights &

Things to consider:

- Help moms recognize the lie that more needed from them and start living with the truth that more is available for them.
- Provides the steps to walk in wholeness and holiness.

**Interviews, articles,
excerpts, and images are
available. Contact:**
Audra Jennings
ajenningspr@gmail.com

Reset your spiritual and emotional health

Kristin Funston helps moms discover how to live a whole and holy life

(Nashville, Tenn.) – For working moms, there are performance pressures at work, home, and mind-sets that affect a mom's ability to feel complete and live more closely aligned with God. In ***More for Mom: Living Your Whole and Holy Life***, **Kristin Funston** encourages women to stop believing the lie that more is needed from them and start living with the truth that more is available for them. She sets forth the beginning steps for moms to reset their spiritual and emotional health, habits and relationship with God.

With real-life talk, humor and biblical truths, Kristin Funston helps hard working moms to look at each day and each facet of their life to discover what happens when they believe God has more for them than what they think the world needs from them. And what He has available is a whole and holy life, just waiting to be claimed—a salvation and day-to-day reality complete just as it is. The pieces of each mom's life—the work life, mom life, social life, etc.—are mended together through Christ to complete her one whole life, set apart because of Him.

"For a long time, I lived my life from a place of depletion. I was physically and emotionally tired all the time, always feeling like someone was needing something from me, and ultimately just in a state of constant unrest, if you will," Funston confesses. "When looking back, I can see that I lived my life for so long from a transactional standpoint—one that is very culturally based in our consumeristic world—a life of giving and receiving—back and forth between myself, others, even God. Life was always a give and take. However, this didn't line up with John 10:10 in my mind, as it wasn't giving and receiving from a place of abundance, but of depletion instead. I looked around and saw so many other women, moms especially, living this same way."

More for Mom includes the beginning steps for moms to walk in wholeness and holiness by asking God for more. Funston will help women:

- Recognize what it looks like in the daily grind to be whole and holy.
- Strategize and execute a game plan in the mental games women play.
- Understand the secret truth behind working mom relationships and living up to expectations.
- Come alive by taking the steps to make their dreams reality.
- Learn why and how to execute spiritual disciplines such as fasting, prayer, and prioritizing time for God.
- Start living their already whole & holy life in Christ.

"A whole and holy mom is, number one, a believer in Christ and what He did for us on the cross. This idea of 'wholeness' stems all the way back to the garden with Adam, Eve and the way humans were created. Adam and Eve were physically, emotionally, spiritually healthy, complete and whole in the garden with each other and with God. Their lives were complete. This is how it was supposed to be, the way nature intended for us to be," Funston explains. "When we claim Jesus Christ as our Lord and Savior, our relationship with our Creator is restored back to a place of wholeness, completing us emotionally and spiritually. Our wholeness is based on God's ability to mend our brokenness and overlook our sin, because of what Jesus did on the cross. Because we are whole and complete in Christ, back in proper relationship with Him, we are, therefore, holy."

Funston shares that the details of the "more" each mom is missing out on may differ from one woman to the next, but it in all cases, it stems back to Jesus because everything does. More life, more love, more joy, more peace, more of all good things come from Him. He is and has the more

they are missing out on. Ephesians tells us that God is able to do more than we can even begin to think or ask. However, on this side of heaven, where moms are asked to give and give and give, it's hard to comprehend the abundance He has available for us. This giving that's required of us in our roles as moms, wives, sisters and workers wears us down, distracting us from fully thriving and living in that place of abundance.

Funston hopes all readers are able to give from a place where they can do more than just give, but give in a celebratory way because they've already received more than would ever be enough. This perspective will shape what their daily grind looks and feels like because of recognizing what it means to be whole and holy in the day-to-day.

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About the author

With a passion for writing, **Kristin Funston** encourages women in a way that is relatable and practical, with a healthy dose of humor. In addition to being a writer, Funston is a member and employee of Hope Presbyterian Church and works as the Marriage and Family Coordinator and a leader in the women's ministry.

Convinced "balance" is a myth, Funston is also passionate about helping and encouraging women to embrace their current season and experience God in the everyday. She shares her humor and writing on motherhood on her blog and has been featured on multiple other blogs including The Better Mom, City Moms Blog, TODAY Parenting, and Scary Mommy.

Funston has a master's degree in Communication Studies from New Mexico State University. A mom to three girls and not-so-domestic wife to an entrepreneurial athlete, Funston and her family live outside of Memphis, TN.

Advance Praise

"Kristin has a beautiful way of weaving powerful Scripture with everyday, practical life. She adds thoughts and application to stories and passages I've heard many times, but her unique take on them reminds us that our ultimate goal is to have priorities that reflect Jesus."

- **Angie Smith**, Nationally-recognized Bible teacher and best-selling author of *Seamless: Understanding the Bible as One Complete Story, Chasing God, and What Women Fear*.

"Just when a mama thinks she's going under with mothering (which includes All. The. Things.), Kristin Funston leads us to more. With a girlfriend-in-the-trenches voice, she shows us how to grow our souls while our kids are still growing."

- **Amy Carroll**, Proverbs 31 Ministries Speaker and Writer, Author of *Breaking Up with Perfect and Exhale*

More for Mom is her first book.

Learn more at MoreforMomBook.com. She is also active on [Facebook \(KristinDFunston\)](#) and [Instagram \(@kfunston\)](#).

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Suggested Interview Questions

- What sparked your own search for more, and ultimately, the idea behind *More for Mom*?
- What does it mean to be a whole and holy mom?
- You want to encourage women to stop believing the lie that more is needed from them and start living the truth that more is available for them. What is the more that they are missing out on?
- What are some of the other lies moms need to let go of in regards to being whole?
- What do you mean when you write that our lives are full, but they aren't whole?
- You write that we need our brains to create a muscle memory of what whole and holy thoughts feel like. How do we do that?
- How do you balance mom, wife, writer, employee, friend and so on? Do you believe it is possible to achieve true balance in life?
- What is mom guilt, and why do moms struggle so much with it?
- How do we overcome thinking our time and priorities are more important than anyone else's? How does that sometimes flow into a "holier than thou" attitude?
- We live in a culture that is quickly becoming less and less Christian. How should we build relationships with those you describe as pre-Christians?
- Let's talk about expectations. What are some appropriate expectations to have of ourselves and others? Is there a line we cross where expectations go wrong?
- Why did you include a chapter on fasting in a book about gaining more in this life?
- What do you hope readers gain from reading this book?

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