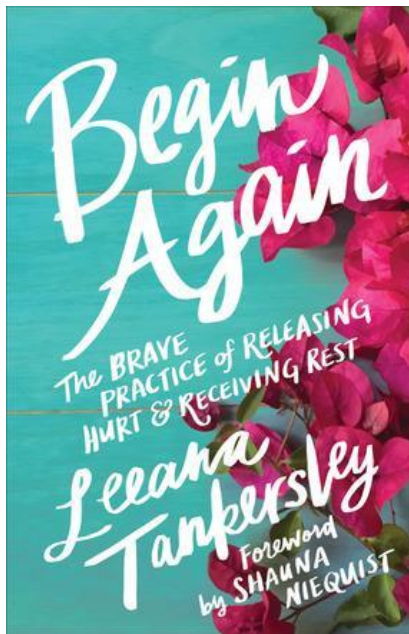


## No matter what you're going through, you can begin again

***“What I’m coming to know, and what Leeana so lovingly offers to us in these pages, is that almost every meaningful part of life comes to health and wholeness through practice, through repetition, through the willingness and humility to begin again. When it all feels stuck, all we can do is begin again” – New York Times bestselling author, Shauna Niequist, from the foreword to *Begin Again****

What happens when life begins to trip us up and failure starts creeping in? Many of us just keep on doing the same thing, hoping for different results. Some of us look for escape, to find a way out of the mess we feel that we’ve created. But neither enduring nor escaping is ultimately what we need.

The answer is to allow ourselves to begin again, every day, in every part of our lives. In her new book, *Begin Again*, Leeana Tankersley uses engaging, lyrical prose to show women how to forgive themselves, develop new and healthier patterns of living, and do away with resentment and regret.



“I put the ‘Always we begin again’ sentence in my pocket and have carried it around since. Four simple-enough words have alchemically been both a guide and a companion to me. Even on the heels of the most scambly, overwhelming moments, I could begin again,” Tankersley says in *Begin Again*. “When nothing else helped or made sense, I could always begin again. Just the knowledge that this hand was forever reaching toward me comforted me like little else.”

Her life-giving words will free women who are feeling stuck and allow them to clear out the debris to make room for what God wants to do in their lives. To begin again is to open the window, even a crack, to let the breeze of grace come in. It is a call to stop running from our fears. To take one small step toward becoming the brave women we were made to be.

***Begin Again: The Brave Practice of Releasing Hurt & Receiving Rest***

**by Leeana Tankersley**

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## About the Author

**Leeana Tankersley** is the author of *Found Art*, *Breathing Room*, and *Brazen*, and holds English degrees from Liberty University and West Virginia University. Leeana's writing has been featured in *The Huffington Post*, *cnn.com*, *incourage.com*, and *aholyexperience.com*. She is a regular contributor to MOPS, both as a writer and speaker. Leeana speaks to groups all over the country about waking up those beautiful and sacred parts of each of us that can go dormant. She and her husband, Steve, live in San Diego, California, with their three kids.



<http://www.leeanatankersley.com/>

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## Praise for *Begin Again*

"Every book Leeana writes instantly becomes my new favorite book."

**Myquillyn Smith**, author of *The Nesting Place*

"*Begin Again* is a sacred invitation to walk forward in our own lives without shame or regret. Leeana Tankersley's words stir the soul and hold space for anyone who feels stuck, overcome, or undone. I want to give this tender, powerful book to every woman in my life."

**Emily P. Freeman**, *Wall Street Journal* bestselling author of *Simply Tuesday*

"*Begin Again* is easily the most beautiful thing I have read all year. Profound and soulful, it is a book that will change everything you believe about releasing hurt and choosing rest. Charming and generous, Leeana is the type of writer who gives words to the things we have trouble saying out loud, and offers gentle wisdom that is both fresh and deep. A unique mixture of raw honesty and expectant hope, *Begin Again* leaves you better in every possible way. This is a book you will want to share with your friends and read multiple times."

**Mandy Arioto**, President and CEO of MOPS International; author of *Starry Eyed*

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"Like many, I'm at a point in my life when family, work, and personal responsibilities shimmy and shove something into every nook and cranny of my day. I power through my schedule until it becomes a straitjacket of sorts, and I wonder why I can't escape the feeling of failure that comes with all the unmet expectations I've placed on myself. If, like me, you've wondered why you never seem to 'arrive' at graduation day of the I-Have-My-Act-Together class, find genuine rest and peace within the pages of Leeana's spectacular book. She wisely shows us that we don't need some kind of magical class or long list of steps to be able to forgive ourselves as we figure things out. We need only to settle into a simple practice known as 'begin again.' *Begin Again* is a solid, hopeful, absolutely *enjoyable* read for any woman who leans toward muscling or pushing her way through every season, albeit crazy or calm. Without a doubt, it is the welcomed space where our exhaustion meets God's inexhaustible grace."

**Kristen Strong**, author of *Girl Meets Change: Truths to Carry You through Life's Transitions*

"*Begin Again* is inspirational, but it isn't a self-help book. It is a treasury of grace. With humor and wisdom and a poetic voice, Leeana reminds us we are not required to fix ourselves and every day offers countless moments in which we can begin again to receive rest and renewal.

Leeana filters Scripture, poetry, and ancient wisdom through the lens of the ordinary extraordinary life she and her family live in an old California house scented with jasmine and sheltered by rustling palm trees. Leeana makes room for us in this place and invites us to join her on a journey that begins again and again, yet carries us forward with each new beginning.

Now I know that beginning again is not a sign of failure. We begin again because every day offers some fresh grace blowing in as if through an open window. This book is for every woman wondering how to open that window and how to keep it open."

**Christie Purifoy**, author of *Roots and Sky: A Journey Home in Four Seasons*

"Leeana's eloquent, yet everyday, honesty will give you both the yearning and courage to begin again, no matter what end you may find yourself at. *Begin Again* is like a rich conversation with a dear, and wise, friend who gently encourages you to open the window of your soul and release all that has stifled you. Leeana's words are brimming with empathy, nourishment, bravery, and an appreciation for the process of change. With each turn of the page I found myself saying, 'Me too.'"

**Trina McNeilly**, author of *La La Lovely: The Art of Finding Beauty in the Everyday*

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## Suggested Interview Questions for Leeana Tankersley

1. Why did you decide to write this book? Why is it so important for readers to “begin again” each day?
2. You have written a couple other books, how is this one different from your previous books?
3. How did you first come across the concept of "beginning again"?
4. What advice would you give to readers who would like to start each day with a new beginning?
5. Can you explain what you mean by scared/sacred -- the title of one of the chapters in the book?
6. You write about an alternate meaning to the word "surrender" in the book. It's not just about "giving up" like many people assume. Can you talk a little bit about what surrender has looked like in your life?
7. You mention the idea of "burn it down" in one of your chapters ("Let the Dead Trees Go"). What do you mean by that concept?
8. What is your favorite Bible verse to turn to in times of stress or struggle?
9. You mention that your mother told you “people don’t make changes from a place of weakness. They make changes from a place of strength.” Can you explain that quote?
10. You write about the etymology of the word "begin" -- which suggests that the word originally meant "to open" or "to open up." How is opening up important to beginning again?
11. What moment in your life did you first begin to appreciate new beginnings?
12. Why do you think we tend to walk in our own lives with shame and fear?
13. Why do you think we are so afraid to start each day with a new beginning?
14. In the book, you emphasize the time you spent in the early morning, at your kitchen table. What was significant about that time each morning for you?

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