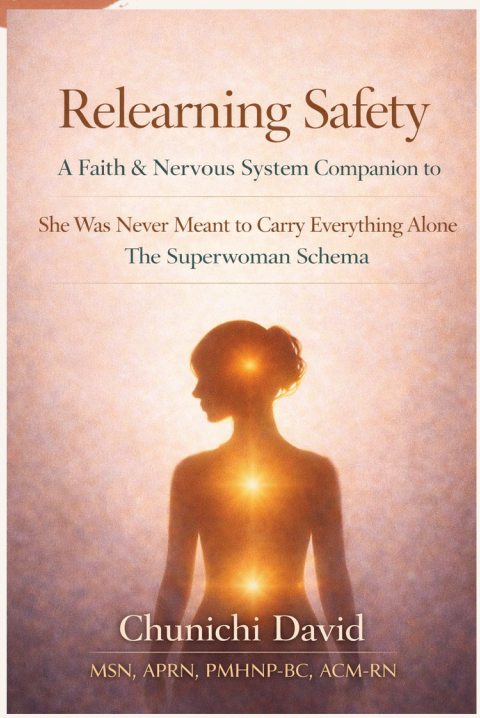

Release Date
December 1, 2026

Relearning Safety

A Faith & Nervous System Companion to
She was Never Meant to Carry Everything Alone

A return to safety. A return to yourself.

About the Book

Relearning Safety is an interactive companion workbook to She Was Never Meant to Carry Everything Alone: The Superwoman Schema. Through guided reflection, nervous system awareness, somatic practices, and faith-based integration, readers are invited to recognize the survival patterns that helped them keep functioning while leaving them emotionally exhausted.

Designed to move the reader from insight into practice, Relearning Safety creates space to slow down, notice what is happening in the body, receive support, establish healthier boundaries, and practice nervous system regulation. Rather than treating healing as something to accomplish or rush, the workbook helps women begin experiencing safety in both body and spirit—one intentional practice at a time.

Book Details

Genre: Nonfiction / Mental Health / Personal Growth / Christian Living / Women's Issues

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Available online and in brick & mortar stores, including independent bookshops.

Also available to the book trade via Ingram.

Ideal for Readers Interested in:

- Navigating anxiety, burnout, or emotional exhaustion
- Ready to understand and regulate their nervous system
- Seeking faith-based tools for emotional wellness
- Learning to establish healthier boundaries and receive support
- Longing to feel safe, supported, and whole again



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Healing is a journey, not a destination.