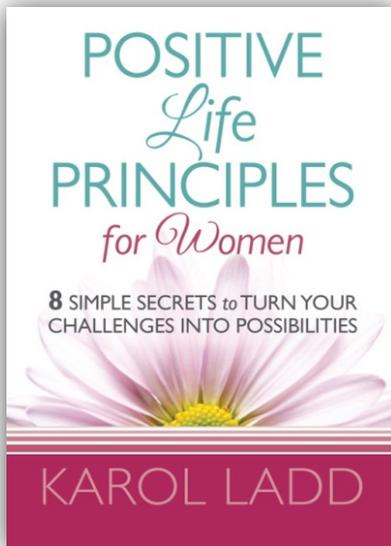


# Down? Depressed? Discouraged? Here's Your Positive Antidote!



Does the balance of this world seem off? On a daily basis, headline news screams of it—random acts of unspeakable violence; crazy weather patterns that deliver turmoil and destruction; a growing number of people without jobs, connections, or any hope at all. Where is God's love for humanity in all of this mess?

Inspiring Bible teacher and bestselling author Karol Ladd admits that, when all seems hopeless, there's a definite temptation to doubt God's love. Yet it's exactly at these times—when circumstances are less than ideal—that God's greatest work can be done through those who love and trust in Him. Her newest book, *Positive Life Principles for Women*, is a pocket-sized, power-packed antidote of love, hope, and encouragement for any woman who's weighted down by negativity, discouragement, and frustration.

Karol highlights practical and personal ways for women to stay positive, learn from their mistakes, and become stronger despite adversity. Using real-life examples and wisdom from the Bible, she illustrates how God's plan allows women to always see the best in others, their circumstances, and themselves by...

- replacing the voices of fear and self-doubt with the voice of truth
- taking their eyes off negative circumstances and focusing on God's faithfulness
- finding joy in what God is doing in other women's lives instead of endlessly comparing themselves to others
- becoming a uplifting encourager instead of a downing discourager
- seeing fear as an opportunity to trust God and move forward in courage and strength
- stepping out of their comfort zone and reaching out to share in someone else's difficulties
- cultivating a habit of daily thankfulness to focus on what they have and what they have been given

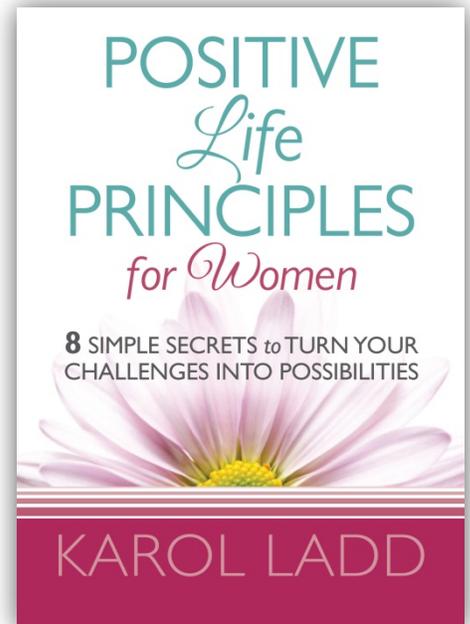
God can use anyone to make a difference in other people's lives! He has gifted every woman with incredible talents and can work beyond her limitations to fulfill her purpose in life. "Believe big!" Karol encourages. "Believe that when we give God what little we have, He can do great and mighty things."

Karol Ladd is a gifted Bible teacher and a bestselling author. Her more than 30 releases include *Unfailing Love* and *A Woman's Secret for Confident Living* book and DVD, all in the Positive Woman Connection Bible study series; *Positive Life Principles for Women*; and *The Power of a Positive Woman*. Known as "The Positive Lady," she is a popular speaker and a frequent guest on radio and television. Her most valued role is that of wife and mother. Visit her website at [www.KarolLadd.com](http://www.KarolLadd.com) for more inspiration and encouragement.



# INTERVIEW QUESTIONS

- Everyone experiences difficult circumstances. How are the positive people different? What is their secret to turning their challenges into opportunities?
- What are some of the “negative weeds” women allow to grow in their minds? How can they dig out these weeds and plant seeds of beauty and truth in their place?
- Which people in the Bible can teach us important lessons about rising above our imperfections and focusing on God’s faithfulness?
- Women always seem to compare themselves to the other women around them. Why is this such a dangerous trap? How is it possible to end the comparison game?
- If a woman naturally has a critical spirit, how can she become a true encourager?
- Is there any place for fear in a believer’s life? How can we react to frightening situations without having worry and anxiety take over?
- How can a woman step out of her comfort zone and touch someone close to her with loving-kindness and compassion?
- You say that a flexible woman looks for alternative plans and wise options. How can a woman grow to be flexible in God’s hands?
- What does it mean to believe big? Can you give us an example of a woman who believed big and tell us how God used her?
- At the end of each chapter, you include a “Pay It Forward” section. How does this help women put the positive life principles into practice and change her world?
- At the conclusion of *Positive Life Principles for Women*, you highlight eight transforming truths that can change a woman’s life. What are these truths?



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