



Overwhelmed: How to Quiet the Chaos and Restore Your Sanity

Kathi Lipp, Cheri Gregory

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Overwhelmed: How to Quiet the Chaos and Restore Your Sanity Kathi Lipp , Cheri Gregory "I Don't Even Know Where to Start!"

Feeling overwhelmed? Wondering if it's possible to move from "out of my mind" to "in control" when you've got too many projects on your plate and too much mess in your relationships?

Kathi and Cheri want to show you five surprising reasons why you become stressed, why social media solutions don't often work, and how you can finally create a plan that works for you. As you identify your underlying hurts, uncover hope, and embrace practical healing, you'll become equipped to...

trade the to-do list that controls you for a calendar that allows space in your life
decide whose feedback to forget and whose input to invite
replace fear of the future with peace in the present
You *can* simplify and savor your life—guilt free! Clutter, tasks, and relationships may overwhelm you now, but God can help you overcome with grace.

Foreword by Renee Swope, bestselling author of *A Confident Heart*.

Overwhelmed: How to Quiet the Chaos and Restore Your Sanity Details

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From Reader Review Overwhelmed: How to Quiet the Chaos and Restore Your Sanity for online ebook

Charla says

Kathi and Cheri show their passion and gifting for aiding others to "Quiet the Chaos". "Restore Your Sanity"? Hmm. That is a tall order for this old girl! This is more than a book to read; it is a resource. Each chapter contains a message from Kathi, a message from Cheri, real-life experiences (good, bad, and ugly), a challenge for the reader, practical resources for implementing change, and encouragement for building momentum.

At first, reading perspectives from Kathi and Cheri each time presented a challenge. Kathi and Cheri are quite the opposites and the differences are evidenced in each one's writing style. I enjoy reading each author. However, reading their words back-to-back interrupted the flow of reading, for me. I almost didn't persevere. But, two things helped me persevere. One, I enjoy reading Kathi's and Cheri's writing. Two, the information contained between the covers is needful and practical.

I wholeheartedly recommend this book. In fact, I plan to re-read "Overwhelmed" and test a few of their recommendations. My goal is to share my experiences on my blog.

Shantell Brightman says

Be sure to have a highlighter and plenty of sticky notes handy because there are so many great a-ha moments in this book! Kathi and Cheri provide several practical ways to quiet the chaos and restore your sanity. Even more, they will take you on a journey of heart-and-soul transformation. Not only has this book equipped me with the understanding of the overwhelm I was experiencing and where it came from, but it has also encouraged me to take those faithful steps to overcome it. I can exhale knowing that I can pre-decide when to say yes. I can celebrate each small victory as I prep and plan for the Sabbath. And I can live out each day with more intention now that I have created my personal manifesto. Most importantly I can live a life God has intended for me - out from overwhelmed.

Carrye Burr says

I had a hard time rating this book because it's not the typical book I read. Some parts were eye opening and helpful and other areas didn't relate to me as much. But I landed on 4 stars because the POINT of this book is that parts of it shouldn't relate to me. There is a beautiful emphasis on our personality and season differences which create distinctly different overwhelmed experiences for each of us. Kathi and Cheri do a great job of helping the reader identify their personal overwhelmed and connect with tools to help overcome those obstacles. If for no other reason, I'm glad I read this book for the "personal manifesto" section- I HIGHLY recommend reading that. I definitely believe you will walk away from this book empowered to make changes that decrease the overwhelm in your life.

Melissa Henderson says

A great book that will help the reader change from feeling overwhelmed and chaotic to in control and calm. Each chapter gives practical ways to help organize daily projects and long term projects. What a great book to give as a gift, too! I received a copy of this book from the authors and this is my personal opinion.

Cheri says

A Vaccine to Overwhelmed!!

I have yet to ask someone how they are and not hear "overwhelmed".... The pressure in one's chest when they see all that needs to be done and look ahead to more tasks and obligations is real and it is heavy. I know I long and have been longing for days on the porch with my glass of ice tea watching the birds tease my dogs and a good book in my lap. The sad truth is that we believe those days are far off and so we do not take the steps it takes to make it happen. Thank you to Cheri and Kathy for adding humor and practical " micro steps" to help me remove things from my "turkey platter" and make room for quiet restoration. To allow myself the grace I so often give to others overwhelmed but not my own. I was so blessed to be a part of this amazing book launch team. I received an advance copy of this book in exchange for my honest review. It is well marked and dogeared.

This book is a great gift to yourself and all those on your list! With up and coming new year's resolutions that will add to our Overwhelmed, I say give a gift with a solution to those resolutions... a game plan to succeed!

Kendra says

I LOVE Kathi Lipp and Cheri Gregory's approach in Overwhelmed: How to Quiet the Chaos and Restore Your Sanity.

Rather than lists of to-dos and tips that make you want to scream: "But where do I start!?!?", Kathi & Cheri lead you, one small step at a time, to a more peaceful you. It feels like I just sat down with two close girlfriends who, on hearing that I'm overwhelmed, make me a cup of tea (and scones!) and listen to me. They've been there before, and they're going to come alongside to help me get out.

They don't presume to know what's best for me. They know I'm an individual. They know God made me different than he made them — or you. And they know that the way for ME to get out of overwhelmed is to look at MY personality, MY values, the size of MY plate.

And they know that the way to help YOU get out from overwhelmed, to quiet YOUR chaos and restore YOUR sanity, is to first look at who God made YOU to be. They'll come alongside and guide you step-by-step through that un-overwhelming process to restore your sanity. (Or in my case, some of my sanity; they can't be responsible for genetics!)

Rachel Klein says

Whether you feel over your head overwhelmed, or just on the edge of overwhelmed, this book will be wonderful for you! I've read a few of Kathi Lipp's books before, and I expected great things from this one. I was not disappointed.

Kathi Lipp and Cheri Gregory have not just written encouraging words to help you through your overwhelm, but they have provided so many resources and solutions to help you out of that place.

No matter what makes you feel overwhelmed (because it's rarely what overwhelms the person next to you), you will find ways to deal with it in the midst of the overwhelm, and find ways to prevent yourself from being swept away by it again.

I give this book my highest recommendation!

Kris says

Why are you overwhelmed? You're overwhelmed because you overthink things. So stop overthinking things. There, you've read the book.

I know she mentions the difference between true overwhelm and just having one more errand to run, but I find the tone of the book difficult. Have the authors ever really experienced overwhelm to the point that they just can't move? Literally can not move. Overwhelm tied to anxiety. I was hoping for a little more than "take some stuff off your to-do list, and trust in God!".

Oh, and way too religious for me, as well.

Laura Shannon says

I listened to this as an audio book and found it to be helpful in suggesting ways of addressing that overwhelmed feeling that comes in response to everything from a disorganized physical environment to difficult human relationships. There were many helpful suggestions for practical steps everyone can take to reduce stress in our lives.

Katherine Jones says

This book couldn't have come at a better time. Though I don't like to admit it, life can feel a bit much sometimes. Wife, mom, daughter, sister, friend, writer, blogger, volunteer — each of these hats I wear requires a piece of me. On my best days, I'm busy; on my worst, I'm overwhelmed. I don't value busyness for busyness's sake, but there are a lot of things — good things — going on. Learning which balls to keep in the air and which to let drop requires an intentionality that often feels like just one more thing to manage.

Kathi Lipp and Cheri Gregory's *Overwhelmed* let me know I'm not alone in my experience. Which is comforting, but these authors do much better than simply leave it there. In their concise and friendly book, they offer a wealth of insight and practical suggestions for women who want to get out from under overwhelmed.

Everything about this book felt different from the typical self-help kind of resource. (As a Christian, I don't care for that term, "self-help" — and it's certainly not how this book positions itself — but you know the type I'm talking about.) For starters, it contains a couple of self-assessment quizzes to aid the reader in determining where she needs the most help so she can focus her attention there. Often I skip these kinds of quizzes, assuming I already know the outcome. But something made me take two minutes and actually follow through on these. And guess what? The results surprised me. Better than that, by helping me identify my own brand of overwhelmed, I am now better equipped to take action against it.

Another surprise was the artful blending of inspiration and practicality. And I really liked Kathi and Cheri's voices playing off each other. They come at issues from different perspectives, which adds depth and breadth to their teachings.

Two takeaways made reading this book absolutely worthwhile: the concept of creating one's own Personal Manifesto, allowing women to pre-decide important decisions before stress or emotion muddy the decision-making waters. And the Project Map, which handed me the key to getting one of my own complex, emotionally laden, multi-person projects unstuck.

Whether she feels overwhelmed in decision-making, goal-setting, or managing her emotions and relationships, this book is a must-read for any woman who sees herself in need of overcoming overwhelmed. Highly recommended.

Thanks to the authors for providing me this book free of charge. All opinions are mine.

Sarah says

Overwhelmed with life? Feeling overwhelmed is not God's plan. He is with you. Kathi Lipp and Cheri Gregory give you tips and ways to give you hope. Decision making, understanding yourself, creating a team, joy, being grateful, etc. They share their overwhelmed stories and lead through motivation on how to get though to peace and order. Inspirational book!

Consuella Craig says

I have been fan of Kathi Lipp since I discovered her books. She hasn't been a disappointment in the past and didn't disappoint with this book. Cheri Gregory has been a wonderful bonus! In this book these ladies teach you how to effectively manage life without being overwhelmed. If you are already there, they teach you how overcome overwhelmed in practical and humorous ways. There is no preaching, no berating, just two women who share their stories openly and honestly to help others. You can create a Personal Manifesto and tweak the solutions offered to your life. If you've ever been even a little overwhelmed you need to read this book, it will change your life for the better.

Cindy says

What a great book! I had never heard of Kathi Lipp and Cheri Gregory before. This book gives practical advice on how to get out from Overwhelmed. I love that when you buy the book you also get a lot of

freebies! Not many authors offer that!

It's also a fun book! The authors share their personal stories and aren't afraid to let you look into their lives no matter how messy they may be.

If you are feeling overwhelmed, you need to read this book!

Lynetta says

Have you ever felt like you were drowning in commitments and obligations? Like you didn't even know where to start?

That's been me too many times to count. As a youth, I never learned the life skill of time management or organization. Mostly, I learned the hard way. Too often, I'd find myself under water.

Overwhelmed has taught me some ways to manage my time much more efficiently. I now feel freed up to be more of what I'm made to be!

Kathi Lipp and Cheri Gregory have written tons of great examples from their own lives, how they learned to get out from under overwhelmed. I could have read this book in 2-3 days, because the stories were so engaging. Instead, I took a couple of weeks. I wanted some extra time to implement their suggestions into my daily routines before moving on to the next chapter.

If you're looking for a book to help you manage time, money, relationships, and clutter, I highly recommend this book.

Deanna Albrecht says

I so wish that I would have had this book a few years ago! I wouldn't have spent so much time beating myself up emotionally for feeling overwhelmed by life (anyone, else?). Instead, I would have flipped this book open to ANY page and received much needed grace, enjoyed some lighthearted giggles and applied practical steps (such as pre-deciding, project maps and managing time) to help get me out from under overwhelmed. Whew!! I now can face overwhelm with a renewed confidence and peace!

As part of the Overwhelm launch team, I received an early copy of this book.
