



Breathing Room: Letting Go So You Can Fully Live

Leeana Tankersley

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AN INVITATION TO BREATHE

Catastrophe or no catastrophe, if you are unhinged, disoriented, suffocating, or otherwise generally dragging, I'm inviting you to pull up a chair at this table . . .

Breathing Room is a beautiful release of self-condemnation, a discovery of the rest that comes when we offer ourselves some space to breathe. Vulnerable and winsome, Leeana Tankersley shows you how to stop beating yourself up, how to be radically on your own team, and how to truly experience grace. If you've been putting on a strong front and yet are secretly coming apart, you'll find in these pages a trusted friend.

"Leeana says out loud the things we all feel, and she says it with grace and eloquence. Reading these pages is like sitting with a friend."--**Shauna Niequist**, author of *Bread & Wine*

"Leeana refuses to reach for easy answers, instead leading the reader on a journey of accepting our own humanity. Quite simply, this is one of the most thoughtful books I've read all year."--**Emily P. Freeman**, author of *A Million Little Ways*

Leeana Tankersley holds English degrees from Liberty University and West Virginia University. She and her Navy SEAL husband, Steve, are currently stationed in San Diego, California, with their three children: Luke, Lane, and Elle. Leeana writes about living from the spacious place on her blog, www.leanatankersley.com.

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Kirk Qualls:

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Gerald Wright:

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