

This Way Out

Escape the Maze of Shame and Reroute Your Life

This Way Out: Escape the Maze of Shame and Reroute Your Life is for the woman who's lost in a maze bordered by deep-seated feelings of inadequacy, doubt, and rejection. She stumbles through the maze fearing she'll never find the one thing she continually searches for: validation that she is enough. Little does she realize the source of the maze's power: shame. It saps her joy, stifles her relationships, and leads to painful dead ends in her life. Unknowingly, she's hemmed in by feelings of shame from the wrongs done to her and others' rejection of her, leaving her in a state of frustration and confusion. Even though she longs for a deep connection with friends and loved ones, she sits at a women's luncheon surrounded by empty chairs, trapped by the fear that others will find out who she really is — unlovable and unworthy.

This Way Out equips Christian women to navigate life's emotional twists and turns, which entrap them while also giving them the tools to trace their pain back to its source.

This Way Out helps women to reroute their lives to gain the freedom and confidence they need to live well.

Sheila Qualls relinquished significant parts of her life to shame, even as she longed for authentic connection with her husband and friends. Through personal anecdotes, Sheila guides the reader out of the maze of shame and onto the path of freedom and confidence, which is only found through connection, empathy, and ultimately compassion.

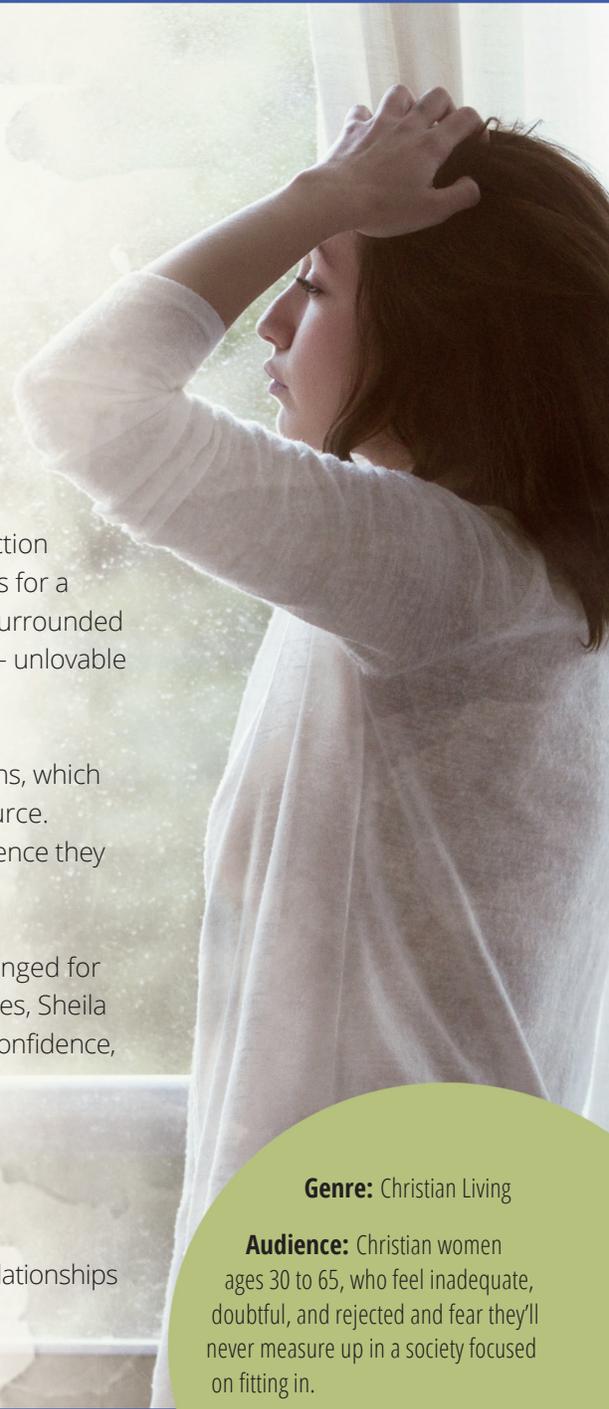
This Way Out will help you:

- Expose "I'm not enough" as a lie built on shame and replace it with truth
- Stop apologizing for who you are, and restore your self-confidence
- Release the fear of sharing authentically, and take hold of more meaningful relationships
- Escape the prison of shame and discover the path to freedom



Sheila Qualls entered the maze of shame early in life. She spent years navigating the maze after suffering abuse at a young age, enduring the humiliation of a broken wedding engagement, and fighting off repeated sexual harassment attempts in a male-dominated workplace. She finally discovered how to escape shame's snares and how to begin building confidence. She helps Christian women reroute their lives towards confidence and freedom.

Her writing has been featured on platforms such as the MOPS Blog, Grown and Flown, The Mighty, and Power of Mom. She contributes regularly to Candidly Christian and The Healthy Mom's Magazine.



Genre: Christian Living

Audience: Christian women ages 30 to 65, who feel inadequate, doubtful, and rejected and fear they'll never measure up in a society focused on fitting in.

Proposed Word Count: 50,000

