



We face thousands of choices between what is best and what is easier. When you learn to embrace the uncomfortable as a gateway to better things, everything changes. Discover the freedom that will fill your life when you begin to see discomfort as an important step toward reaching your goals.

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## EMBRACING UNCOMFORTABLE

### WHAT I LEARNED ON THE BEACH

A year later, I realized why during an unplanned forty days in the desert. Okay, my desert was a beach and forty days was more like ninety. Don't get any glamorous ideas, it was an East Coast beach in the dead of winter, so it was cold, and windy, and there was NO ONE around. However, thanks to my desolate surroundings my distractions were eliminated, and I was able to stop, look, and listen. I could actually engage in that critical practice of disciplined pausing. As I did so it allowed me to challenge the comfort myth by taking time to discern my false from true purpose.

Slowly, these false perceptions of who I wanted to be, how I wanted to behave, and where I wanted to go on my journey were gradually revealed. I began to see where my choices were causing me acute discomfort because they ultimately didn't align with most of who I really was. It wasn't just the false pursuit of an external mold that represented a professional, elbow-patched, tweed-wearing, philosophically thinking academician. There was more, a lot more.

I discovered I had to be the problem-solver in order to be seen as valuable. That I had to have the answers in order to be seen as competent. That I had to be in a relationship in order to be seen as worthy of something to offer based on the culture myth of my surrounding community. I could fill a chapter in this book with the insecurities I unearthed and the resulting behaviors I was engaging in that fought hard against the core of who I really was.

Here's the thing. After all this . . . I AM an academic. I'm currently running a master's in counseling program, serving as an associate faculty member, and was recently promoted to an endowed chair position. I don't say all this to toot my own horn but to toot that without any doubt, I KNOW I wouldn't be where I am today without a willingness to embrace uncomfortable



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