



Breaking the Chains of Control, Pride & Perfectionism™



## Overcoming The SuperGal Syndrome

### What Every Christian Woman Needs to Know

Busy, burdened women – moms, wives, neighbors, co-workers – are increasingly suffering from the debilitating side effects of superhero complex, known as The SuperGal Syndrome. This spiritual disease has become epidemic among women of all ages, negatively impacting our families, friends and fellow believers.

The SuperGal Syndrome, and its focus on control, pride and perfectionism, causes a chasm in our personal relationship with Christ.

Fueled by her passion to inspire women who struggle in their self-imposed chains, Lori Hynson shares her SuperGal Recovery secrets through the Word of God. With joy, transparency, humor, and song, Lori reaches out to hurting and overburdened women to encourage them to surrender these burdensome chains to God. She wants them to realize, as she has had to learn, that **IT'S NOT THEIR JOB TO RUN THIS PLANET!**

### Speaker Bio

**Lori Hynson** is an accomplished speaker and performer, and the award-winning author of SuperGal vs. GOD. Her engaging and relatable onstage presence, both in speaking and performing, creates an immediate connection and rapport with her audience.

A raging SuperGal, she spent the first 50 years of her life chasing, and achieving, acclaim and success, but at great personal cost. Now a Recovering SuperGalaholic, she shares her hard-learned lessons with women who are shackled by their struggles to be in control of their circumstances, and the stress that follows.

Lori's background as a highly successful sales and marketing company owner and well-

respected community leader give her great credibility, and make her uniquely qualified to address the pervasive problem of the SuperGal Syndrome in a fun, joyful and edifying manner.

Lori speaks to associations of Christian leaders and Christian women at annual national and international events.

*“Lori’s interaction with the women captured their attention immediately. Her passion for a clear, enthusiastic, yet practical approach to her subject, The SuperGal Syndrome, was nothing short of phenomenal.”*

– Deacon Sandi Savage,  
Suburban Baptist Association  
of Southeastern Pennsylvania

# Popular Presentations

## The SuperGal Syndrome – Breaking the Chains of Control, Pride & Perfectionism

Is your life weighed down by too much responsibility, stress and anxiety trying to be all things to all people? Are you suffering the physical and emotional side effects of The SuperGal Syndrome? See how you can go from chained to changed by learning God's great plan to set you free!

### Overcoming Pride – The Deadliest Sin

Warnings against being prideful appear at least twenty-five times in God's Word. The world applauds a self-reliant SuperGal, but God is seeking our complete reliance on Him. When does SuperGal self-sufficiency cross the line to become a lack of faith in God? Through this compelling teaching, learn how to please God by understanding His desire for your total surrender and trust in Him.

## The Price of Perfectionism

When the obsessive need for perfection gets in the way of our spiritual and emotional lives, the cost becomes too high. Satan revels in our self-imposed pressure to be perfect. He creates chaos in our lives by convincing us that we are not enough. Discover the secrets of surrender to God's perfect plan for your life.

### Surrendering Control to God's SuperPowers!

SuperGals try to control the world around us because we fear. So we try to battle our fear by *doing*. Do your circumstances cause you to stress out, or is it really your need to be in control? Learn to rest in God's peace when you see how to look beyond your current circumstances, and surrender your struggle for control to God.

*“Lori’s humor, energy, and especially her love for the Lord and hard-won wisdom encourage and bless her listeners.”*

– Marlene Bagnall,  
Director of the Greater Philadelphia  
and Colorado Christian Writers' Conference

*“From the moment we connected with Lori, we knew we’d made a great choice! At our large Womens’ Ministry event, this woman of God touched the hearts of all those who gathered there with her honest perspective and her most entertaining approach to ministry.”*

– Vicki Pry,  
Pastor of Caring Ministries,  
Hopewell United Methodist Church

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

– Matthew 11:28-30 (NIV)

To engage Lori  
for your next event:

Lori Hynson  
PO Box 537  
Valley Forge, PA 19481  
(267) 800-5269  
[lori@thesupergalsyndrome.com](mailto:lori@thesupergalsyndrome.com)  
[www.thesupergalsyndrome.com](http://www.thesupergalsyndrome.com)

