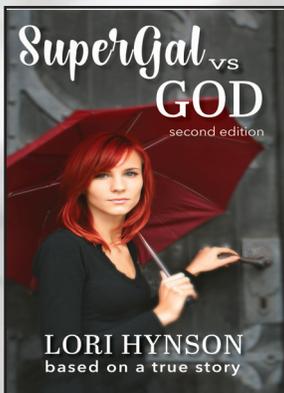




LORI HYNSON

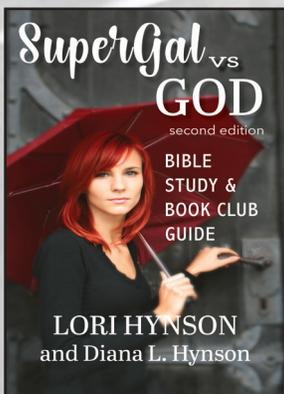
author, speaker



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Key Words: perfectionism, overachievement, divorce, love story, God in action, self-confident, self esteem

*SuperGal could handle anything life threw her way.
Until she couldn't.*



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Key Words: perfectionism, overachievement, divorce, love story, God in action, self-confident, self esteem

Lori appears to be SuperGal. But privately, she anxiously battles to maintain control over her out-of-control life. She thought she could do anything but felt the pressure to do everything. There was no room for God in her realm.

SuperGal wasn't looking for love, but when she meets handsome tenor Ben, her battle-hardened heart begins to melt. After only six short weeks, Lori's joy turns to despair when Ben becomes critically ill. Suddenly, her carefully-constructed world begins to unravel.

As God and Satan lined up for the final, ultimate battle for Ben's life and Lori's soul, all she could do was stand near the door of the hospital room, helpless and broken. This SuperGal had to face her own failure as she faced this dying man. The Fixer needed to be fixed.

But on that very night, Lori experiences a mysterious encounter that changes *everything*.

Lori learned life-altering lessons about unexpected love, pride, failure, and surrendering to God's amazing plan.

SuperGal vs GOD—the Bible Study and Book Club Guide will walk you or your group through each facet of this incredible story and lead you to a place of self-examination as well as revelation about your relationship with God.

Blessings to you as you find and share your own voice and journey from SuperGal to surrender!

Lori Hynson

1201 Dorothy Ave. | Phoenixville, PA 19460 | 267.800.5269

Website: <https://lorihynson.com/mediasheet> | Email: supergal@lorihynson.com

Facebook: <https://www.facebook.com/LoriHynsonAuthor>

Twitter: <https://twitter.com/LoriSuperGal> | Instagram: <https://www.instagram.com/recoveringsupergal/>

The SuperGal Syndrome

Busy, burdened women – moms, wives, neighbors, co-workers – are increasingly suffering from the anxiety, worry and other debilitating side effects of superhero complex, which I call the *SuperGal Syndrome*. We race through life trying to live up to the world's vision of an admirable woman—running ourselves ragged to achieve, saying “yes” when we want to say “no,” trying to stay in control of our out-of-control lives, and struggling to be our own saviors.

Why? Because we struggle with our true identity—the woman God says we are—and instead strive to become the woman the world says we *should* be in order to gain its approval. We twist ourselves into an identity that God never intended for us. We become infected with the *SuperGal Syndrome*. The “symptoms” of this spiritual disease are rooted in the pride and fear that arise from dependence on “self,” resulting in anxiety, the need to control, over-thinking, guilt, people-pleasing, and perfectionism, among others.

But in John 10:10, Jesus says *I came so that they may have life, and have it abundantly*. He wasn't referring to a life of too-busy, too-anxious, or too-guilty. Living with the *SuperGal Syndrome* isn't living the life Jesus died to give us—it's merely surviving.

Lori's ministry of the *SuperGal Syndrome* came out of her real-life story: *SuperGal vs GOD*. It is a tale of love and crisis, messengers and miracles and finally, redemption through the pursuit of a loving and merciful God. This relatable and dramatic story has helped countless women take stock of their own relationship with Jesus Christ. The companion study, *SuperGal vs GOD – The Bible Study and Book Club Guide* leads the reader into a place of self-examination as they mine the insights and lessons shared by Lori about the role of self-reliance rather than God-reliance in their lives.

Lori encourages women to *Just S.T.O.P.* and discover their *R.E.A.L.* identity in Christ to find the daily joy, peace and contentment God promises in His living Word.



LORI HYNSON is a Recovering SuperGalaholic, author, speaker, Bible teacher, and singer. Her life ministry is to encourage women to recognize and be healed of their SuperGal burdens through God's Word and embrace the freedom in their new life in Christ.



LORI HYNSON

author
speaker

recovering SuperGal

