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# Unfrozen: Stop Holding Back And Release The Real You



## UNFROZEN

Stop Holding Back and Release The Real You

...  
*The unexpected path to connected relationships  
and extraordinary impact*



## Synopsis

Tears threatened to spill out as Aaron kissed me goodbye. I felt like a shell of the vibrant woman who married him 8 years before. While I wasn't depressed, I wasn't happy either. I wasn't sure what I was. ~Andrea Joy Wenburg

*Unfrozen* is a memoir of a strong woman who tried to hold back. Why is it so hard for empathetic, intuitive people to say what's on their minds and hearts when they long to be authentic? Does it feel like your voice is trapped inside or it's just hard to say what you really think and feel without causing problems? The author of *Unfrozen* is a woman who tried to hold back her deep thoughts, intense feelings and passionate self expression in an attempt to belong. She didn't want to overwhelm people, so she attempted to become what she believed God and others wanted her to be: good, strong and competent. But it didn't work. However, Andrea's efforts to contain and control her self-expression left her feeling frustrated and inauthentic. She had a feeling she was made for more than a life of holding back, but how could she be herself without ruining her relationships? The author's path through dating, marriage and young motherhood led her through unexpected disappointment, anxiety and depression. The pain dug deep, but that's where she found her real, authentic self and a new way to love others without holding back. Maybe we're all made for letting it go for the sake of love. Join the author as one of the *Unfrozen*, someone ready to lay it all on the line, stop holding back and release the real you for connected relationships and extraordinary impact. This is a book you want to share and discuss with others. Don't miss the FREE online video discussion guide at the *Unfrozen* Resource Center at [andreajoywenburg.com](http://andreajoywenburg.com) (coming November 1st)! In it the author connects imagery from the movie with real-life application, offering you a great opportunity to utilize it as a tool to reach out and connect with your daughter tween or teen daughter, young women, your friends or even your spouse. Let us live with hearts unfrozen!

## Book Information

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## Customer Reviews

Unfrozen is a refreshingly honest memoir, full of the details that many Christians like to omit from their stories for fear about 'what those things might say about them, or worse, their walk with God.' Andrea Wenburg tackles the subjects of personal identity, emotional rigidity, and honesty in interpersonal relationships by sharing her own transformational experience of becoming 'unfrozen.' In doing so, she taps into the heart of how many Christians feel deep within themselves (particularly women), but do not feel they are open to express in their lives. The overarching concept being that emotional health and honesty, and hiding who you are inevitably cripples ones ability to fully LIVE, LOVE, and LET IT GO in a way that can most powerfully impact the world. After reading this book, I'm imagining a world where we stopped demanding others to be the perfect Christians, moms, dads, husbands, friends, and kids - and allowed people to just be unapologetically who they are in each and every moment. I'm imagining the world UNFROZEN.

When I first read the subtitle (stop holding back and release the real you) it called to mind a self-help book full of how-to advice. I'm not a fan of how-to books. And I'm happy to tell you that Unfrozen is far from being a dry how-to manual. In this book I discovered a memoir. A beautiful memoir with an encouraging message. I love memoirs and the sharing of lessons learned on the journey of life. In Unfrozen author Andrea uses images and ideas from the movie Frozen to share a message that she has been learning all along her own life's journey. Unfrozen is a story of moving from hiding to authenticity, from holding back to letting go, from isolating to deep connection with the world. Unfrozen is Andrea's story, framed by Elsa's story, and it is a story for everyone who is looking to become their authentic self. Unfrozen is about finding your voice, becoming who you were meant to be and letting the real you take its place to impact the world. It's a beautiful book with an

encouraging message. Even more exciting is that the author is also offering a series of interactive lessons so that you can discuss the concepts raised in the book with a mentor, friend or book group, allowing the stories of Andrea and Elsa to weave together with the fabric of your own story and your own authentic transformation. Sharing the journey together really can move you toward the freedom to stop holding back so that you can release the real you. I received a free digital pre-release copy of this book in exchange for my honest opinion.

Powerful, talented women (i.e. all women, in their own way!) will most readily relate to *Unfrozen*, but the book also carries gems that can be mined and treasured by reflective men and by men seeking lovingly to understand the highly sensitive women in their life. Like the author, I grew up--and still find myself to be--determined to be seen as strong, competent, and respected, so I was convicted by her epiphany about the way this orientation can be parasitic upon loved ones (and, by extension, colleagues and one's surrounding community). After reading this book, I am motivated to do the soul searching required to understand and live into the real me, that I may freely offer myself and my gifts to the world, not fearing what others might think of me. If you want to experience freedom from the fickle whims of the world around you, read "*Unfrozen*" for an inspiring story of one woman's journey of soaring through childhood dreams, stumbling through young adult relational struggles, precariously balancing the expectations of a new marriage, being battered by the trauma of childbirth, learning to walk in the path of self-acceptance, and finally, soaring into self-offering.

Do you ever feel...really FEEL fearful to let the world around you know you deeply? In striving to be good, and the best for people around you, are you holding back? Are you assuming what you feel are your weaknesses need to be hidden, so you present the best of you at all times? If so, you need to read this book. In "*Unfrozen*", Andrea Wenburg takes us on a journey through her life that is remarkably altered after watching Disney's movie "*Frozen*" one afternoon with her children. The relationship of the movie to her own feelings and life are explained as she takes us through the process. Our weaknesses, as we perceive them, can be observed as God's plan to strengthen us, and become some of our best offerings to the world around us. She shows us how our own plans for us may be faulty; that all our parts are valid. "Let It Go" is the theme you will find exhilarating and freeing. We are not "too much", too sensitive,...we are just right in the Lord, and we have much to offer as it should be offered... In love. I found this book impactful and comforting, and plan to read it several times, and share it with family and friends. I recommend it highly to anyone whom has ever doubted their gifts, or struggled to express them. Simply put, Wenburg inspires you to love, live and

give deeply, fearlessly, with love. She has given us a great gift.

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