



# Untangled

Let God Loosen  
the Knots of Insecurity  
in Your Life

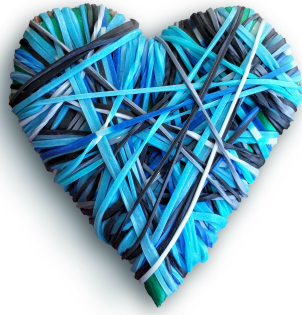
Carey Scott

A  
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FOR

*Untangled*

CAREY SCOTT

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## Untangled takes you on a journey.

It challenges you to take an unveiled look at those places in your life where you've been knotted up with insecurity -- the places that have kept you from embracing who God made you to be.

You've read my story, and now it's time to unpack yours. This journal is an opportunity to connect with God in a fresh way, understand the situations and people that tangle you, and participate in the untangling process with the only One who can restore your bruised heart.

Familiarize yourself with the questions and exercises in the pages of this journal so you can add to it as you work through Untangled. Ask God to give you sweet revelation so you can respond honestly to the prompts offered in these pages.

I'm so proud of you for taking this step towards healing your black and blue heart. And I pray God uses this journal to speak life and truth into your weary bones, reminding you of the immeasurable value YOU hold in the eyes of the Creator.

You... were created on purpose.













































# MEET Carey



Carey Scott is an author, speaker, and life coach, honest about her walk with the Lord... stumbles, fumbles and all.

Her passion is reminding women of their immeasurable worth, something the world is quick to discount. She speaks to women's groups and writes about the issues that matter most to the heart of a woman.

Carey lives in Northern Colorado with her husband and two kids where she tries to be domestic, and appreciates the grace when she's not. You can learn more by visiting her website and blog at [www.CareyScottTalks.com](http://www.CareyScottTalks.com), or by tracking her down at the closest Starbucks.

