

Checking In

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Synopsis

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"I need help." Those three words saved Grammy Award-winning singer Michelle Williams's life. After decades of sweeping her anxiety and depression under the rug--even during her years in the spotlight with Destiny's Child--Michelle found herself planning her own funeral. Realizing that she needed immediate help and could no longer battle her anxiety and depression alone, she checked herself into a treatment facility. When she came home, she was energized and determined to check in on a regular basis with herself, God, and others.

Practical, engaging, and full of wisdom, *Checking In* will give you the tools you need to:

- Tear down the walls around your vulnerability that are hindering your healing
- Reject the lies of anxiety and depression and replace them with the truth of God's Word
- Trade toxic thought patterns for lasting joy
- Find freedom by forgiving yourself and others

An uplifting, behind-the-scenes look at one woman's path to healing, *Checking In* reminds you that you're not alone and that God is not yet finished writing your story.

Praise for *Checking In*:

"Michelle Williams is one of the bravest, strongest women I know. She has fought through very public struggles and dark, hidden days of depression. And now, in *Checking In*, she's putting it all out there for everyone to see. Her story is powerful and relatable, and she wants you to know that you are not alone. Healing is possible. And she's here to walk through it with you."

--Sarah Jakes Roberts, founder of Woman Evolve, copastor of The Potter's House, and bestselling author of *Woman Evolve*

Reader's comments

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