

When Doing It All Is Undoing You

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Synopsis

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What do we do with our unmet expectations? When life has not turned out the way we imagined? Feeling fragmented and frazzled, many women today are caught in a vicious cycle trying to do too much, hold everything together, manage and control their circumstances, and avoid mistakes at all costs. But no matter how hard we try, there are many things outside of our control. In trying to do it all, we are undone ourselves. What if we could shift our perspective so that, instead of spinning our wheels wasting energy manufacturing and controlling our lives, we aim to let go and lean into who we are becoming? In *When Doing It All is Undoing You*, Alyssa Bethke helps readers understand the difference between what is in and what is out of our control, and she examines how our striving for approval, balance, happiness, and lofty ideals often masks underlying fear and disappointment. She acknowledges that even when we do all the right things, the outcome we hope for is not guaranteed, and addresses the disillusionment so many of us feel when the life we have looks nothing like the life we envisioned. Ultimately, Alyssa shows readers that turning towards the God who is after our authentic hearts is the only guarantee of a life of hope and fulfillment, the life we're all longing for. By drawing near to God as the primary source of our joy and contentment, we can learn to hear His voice, find freedom and hope in our deep disappointments, and become the women that He created us to be- free, full, and faithful.

Reader's comments

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