



#Struggles: Following Jesus in a Selfie-Centered World

By Craig Groeschel

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We all love the benefits of technology and social media, but even with the incredible upsides, many of us suspect there are unintended negative consequences that are beyond our control. We've lost perspective, even perhaps ourselves.

In this timely and life-changing new book, *New York Times* bestselling author and pastor of LifeChurch.tv Craig Groeschel encourages readers who are hungry to regain control over their lives and put Christ first again. He walks them through biblical values that all Christ followers know are essential, but are even more important for our maxed out, selfie-centered world.

The more you compare, the less satisfied you are. The more we interact online, the more we crave face to face intimacy, but the harder it is to find. The more filtered our lives become, the more challenging it is to be authentic. The more information about the pain in the world we're exposed to the more difficult it is to care.

It's time to refresh and rediscover our understanding of the biblical principles that life with Christ brings: contentment, intimacy, authenticity, compassion, rest and more. Groeschel taps in to some of the most up-to-date studies on the effects of social media on our emotions and our friendships. And he offers real-life examples of how we struggle with social media, how it masks our real struggles, and how we can reclaim a Christ-centered life.

With helpful appendices like the 10 Commandments of Using Social Media to Strengthen Your Faith, and Creating Safeguards for Your Digital Devices, you'll find #Struggles to be just the guide to bring balance and real-life engagement to

your everyday life.

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Editorial Review

Review

Set down your selfie stick and pick up this book instead! #Struggles is a must-read for anyone who feels enslaved to technology---and let's face it, don't we all? Craig Groeschel's masterful blend of storytelling, humor, and biblical truth make this his most compelling and thought-provoking book to date. I can't think of a more relevant message for my generation as we navigate life and love in today's digital world. (*?Austin, age 25*)

In a world where we're often drowning in demands and constantly connected to social media, Craig offers a refreshing relief from the madness. You will finish his new book, #Struggles, feeling encouraged by tools you can use every day to embrace life instead of being consumed by it. This book is a gift to our generation! (*?Michelle, age 29*)

Having phones, tablets, and computers at our fingertips can be amazing, but it also causes plenty of #struggles in our lives. In his new book, Craig gives us some practical suggestions to help us in the advanced, technological society in which we live. You won't hear him tell us to discard the techie toys we've grown to love, but we will be challenged to put our devices in their rightful place. Pick up this book now and #endthestruggle! (*?Cindy, age 45*)

I may not be in the digital generation, but the #struggle is real for me too! Craig's important book #Struggles inspired me to take a long break from social media. I deleted the apps from my phone for a few months to reset my behaviors. If you need a reset, you will definitely want to pick up #Struggles. (*Kendra, age 42*)

There's not a person alive who doesn't need to push the reset button in life from time to time. Craig's amazing book gets straight to the heart of the #struggles we all face using humor and practical suggestions to get us on track and stay on track. (*?Dana, age 36*)

We can all agree that technology and social media can be used in powerful ways to accomplish amazing things. We also recognize that the #struggles Craig Groeschel outlines in his latest book can be equally destructive. Never fear! Craig shares with us how to use technology and social media in a positive way while maintaining authenticity and engaging in real-life relationships and opportunities to make a difference. Whether you are sixteen or sixty, Craig's humor and transparency will inspire you to apply some of the practical tips he suggests for striking a balance in our use of social media. (*?Allyson, age 47*)

Craig Groeschel's book #Struggles is easily the best book written about being a follower of Christ on social media. If you've ever felt like everyone except you has it all together, put your smartphone on silent and start reading #Struggles. (*?Jordan, age 20*)

Pastor Craig has a finger on my generation's pulse: many of us live vicariously through laptop screens instead of living victoriously through Christ. This book touches a nerve that didn't even exist a decade ago. If you're on social media, put down the phone and start reading #Struggles. (*?Chuck, age 26*)

I stare at my screen and I feel less. Less than I am, less than I want to be, and less than I was created to be. Is the technology to blame? No. Do I need help balancing the power it holds for me and others? Absolutely. Enter #Struggles, a much-needed book for anyone who spends time online. (*?Lori, age 45*)

I'll never forget when my university got Facebook years ago. It's been part of my life ever since. Reading Groeschel's book *#Struggles* will help you understand the place social media should have in your life. This book is definitely a must-read for Millennials. (*Jess, age 31*)

With the advancement of social media, it's become easier than ever to connect with people around the world. If we're not careful, these online interactions can become more of a priority than the people right around us. In *#Struggles*, Craig Groeschel shares great principles that helped me look beyond the gadget in my hand to fully engage with the people in my life in a way that honors both God and them. Everyone who has a smart device needs to read this book! (*Amanda, age 44*)

No matter your age or stage of life, you can't deny that social media is changing the world we live in, and Pastor Craig makes the connection for how it's changing each of us. Our *#struggles* are real, and this book gives this generation timely advice on how to keep our eyes fixed on Christ instead of being trapped by a screen. (*Lucinda, age 30*)

It seems like my whole world is wrapped up in what my friends are doing online. I've always felt empty but didn't know why. Craig's new book, *#Struggles*, woke me up to admit that I really am addicted to social media and worry way too much about what other people think. Because of this book, I'm going to get closer to Jesus, and I believe it will help you too. (*McKae, age 14*)

About the Author

New York Times bestselling author Craig Groeschel is the founding and senior pastor of Life.Church, an innovative and pacesetting church meeting in multiple locations around the United States and globally online, which also created the popular and free YouVersion Bible App. He is the author of several books, including *#Struggles*, *Fight*, *Soul Detox*, *The Christian Atheist*, and *It*. Craig, his wife, Amy, and their six children live in Edmond, Oklahoma. Visit www.craiggroeschelbooks.com.

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