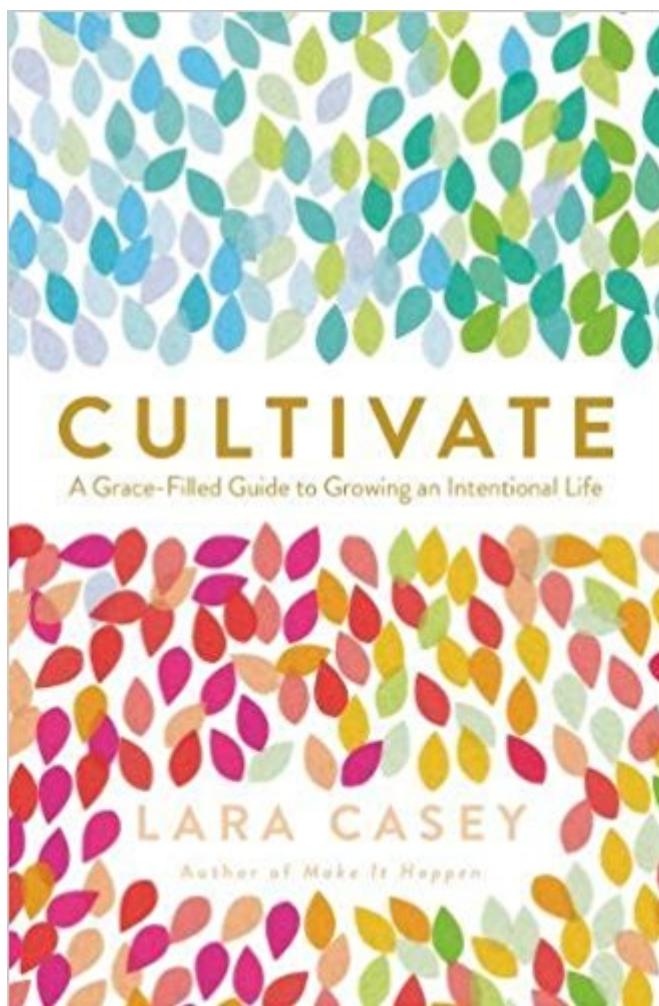


The book was found

Cultivate: A Grace-Filled Guide To Growing An Intentional Life



Synopsis

A flourishing life is possible—no perfection required! Women often feel like they have to have it all together in order to live a meaningful life. Instead they feel inadequate, overwhelmed, and exhausted as they try to figure out how to do it all. Author, business owner, and mom to three Lara Casey offers sound and grace-filled advice: “We can’t do it all, and do it well. But, we can choose to cultivate what matters.” Welcome to the journey of getting messy in the rich soil of possibility—embracing imperfect, grace-filled progress to grow a life of joy. Written as part encouragement anthem and part practical guide, *Cultivate* offers wisdom from God’s Word alongside lessons Lara has learned in her garden. Woven throughout is her personal story that helps release readers from the pressure to achieve and gives them freedom to move from planning to planting a meaningful legacy. “It’s in the imperfect—the mess of the dirt—that good things grow,” Casey reminds readers. “Peonies grow through the dirt, and so do we.” Readers will learn to embrace the season they’re in, finding balance as they interact in fresh ways with their current life scenarios, with God, and in the communities where they are planted. Special features include Actionable *Cultivate It* prompts throughout the book, a ten-week *Cultivate Together* discussion guide with questions for small groups, “Grace from the Garden” vignettes provide encouragement and inspiration, and “Find the joy and the freedom that comes in cultivating what matters, little by little, with God.” transforming grace.

Book Information

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Customer Reviews

Lara Casey is a mom to three (one through the gift of adoption), a grateful wife, and a believer in the impossible. She created the PowerSheets grace-filled goal setting planner and the Write the Word journals, and she founded Southern Weddings Magazine a decade ago. Lara is also the author of Make It Happen: Surrender Your Fear. Take the Leap. Live On Purpose. She lives in Chapel Hill, NC, and loves getting her hands dirty in the garden.

just started reading and so far I like it a lot

Thought provoking, yet enjoyable.

Highly recommend this book! It was an easy read with such a great message!

I had the privilege to be a part of the "book launch team" for Lara Casey's book "Cultivate: A Grace-Filled Guide to Growing an Intentional Life". I loved her first book, "Make It Happen" and have been anxiously waiting for "Cultivate" to come out (and today is the day!!!). I have been following Lara on her social media outlets for a couple of years now. She is so genuine in all that she does. She writes from her heart with authentic transparency and vulnerability about growing in her faith and cultivating a life of intention. I have been pondering what to write in this post for the past month since receiving my advanced copy and there is just so much goodness throughout the book that I don't know where to begin. Let's start out by saying I received an electronic copy of the book and once I began reading it, I promptly ordered the paperback (which should be arriving today, yay) because there is so much I want to highlight and I want to write notes in it as well. And let's face it...it has such a pretty cover, who would not want that on their bookshelves?!? Lara begins every chapter with a "Lie" and a "Truth" and then expounds on that by telling personal experiences in her own life. Pretty much every "Lie" is one that I have told myself at one time or another in my life...it's like Lara got in my head and wrote this book directly to me. This (and her first book, "Make It Happen") will be books that I will want to read every year from here on out and I do not say that lightly...there are few books I like to reread over and over again. I love how through the whole book, she stresses the importance of it is okay to grow slow. "Celebrate progress, not perfection!" For me this is something I struggle with...I want to be perfect right now, but in so much of life that is not feasible due to the season we might be in at the time. I am learning that in this season of small kids, I am not able to do "all" the things I want to do and I need to pick one or two items and cultivate

those little by little. Slow growth is what is sustainable and is what matters. She likens our lives to a garden that needs to be cultivated. You don't just plant something and grow a garden overnight...a garden takes time and work. The same is true of our lives, if we want to bloom and flourish in our dreams and goals...we need to take time to tend to it. "Little-by-little progress adds up." This is probably going to be my top book recommendation for the year. Please do yourself a favor and go read it. By the end of the book you will be so inspired and so freed by what you have read, that you will want to go out and live life intentionally and with grace. Disclaimer: This book was provided by the publisher. The reviewer was under no obligation to offer a positive review.

Must have!!

This morning I woke up determined but discouraged. Between being diagnosed with an autoimmune disease at 23, Instagram's algorithms changing, and not being able to find a business mentor to guide me in the entrepreneur adventure, I've resorted to the only thing I could think of: resting and seeking God. All week I've wondered if this is okay. Because this on this journey I've lost physical endurance, mental clarity, important emails, followers on social media, and motivation to do what I'm passionate about. But I have seen my relationships thrive and my heart become strong. Is it okay for my heart and relationships to thrive while it seems that everything else wilts? Reading CULTIVATE this morning I found my answer. YES. Yes, because, at the end of the day my emotional stability and relationships are what matter most. Not my race time, not my Instagram followers, and not how many books I sell. If you need encouragement or guidance to do what matters CULTIVATE will be a breath of fresh air, hope, and clarity on your journey!

This book is unlike most self-help books because it doesn't give you a longer to-do list, but a shorter one; it doesn't make you feel like you have to be strong and push through, it helps you realize you can be weak and let God handle it; it doesn't force you to reframe your reality, but to accept it and live within its boundaries with a changed and grateful heart. This book was like drinking cool, clear water. It isn't flashy or fancy. It is simple, pure, and life giving. It is a book to highlight, to reread, to read quickly and then slowly, by yourself and then with friends. My biggest take away from this book is that life happens in the mess. It doesn't happen when I am finally perfect, when eat vegetables with every meal and manage to loose that inner tube of tummy fat; it doesn't happen when I have finally found the perfectly

balanced schedule and I finally feel in control of my life. It happens right now, in the midst of my reality and imperfection and failures. It happens with small choices and successes as well as big ones. And most of all, it happens when I feel grounded in God and letting Him hold, carry and lead me. I would recommend this book to pretty much everyone, but especially if you: feel like you are constantly chasing perfect; feel like you are waiting for your life to begin; feel like you can't do it. any. more; feel like you never ever make progress on your goals; feel like your life looks nothing like the way you want it to; feel like life is way too hard; feel like you need a big hug from your bestie. It's not that this book will change your life (though it probably will). No, this book wraps itself around your heart and comforts you with truth so you can live your authentic life with peaceful gratitude and hope - mess and all. Disclaimer: This book was provided by the publisher. The reviewer was under no obligation to offer a positive review.

This book is incredible! Lara's story is one of authenticity, vulnerability, encouragement, and inspiration. Feels like you're sitting down with a friend who's walked just a couple paces ahead of you and loves you enough to share her wisdom all the while saying, "Me too. You're not alone." My life has been forever changed by Lara's story and her wisdom on how to cultivate what matters and live well. I highly recommend this book! It is one that should be read by anyone & everyone - the post-grad 20-something that feels lost, the new momma, the hustling boss babe.. and everyone in between. Your heart & soul will leave feeling lighter and fuller after reading these pages. Thank you Lara for sharing your story & blessing so many lives as a result. You are brave and beautiful, my sweet friend, and we thank you.

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