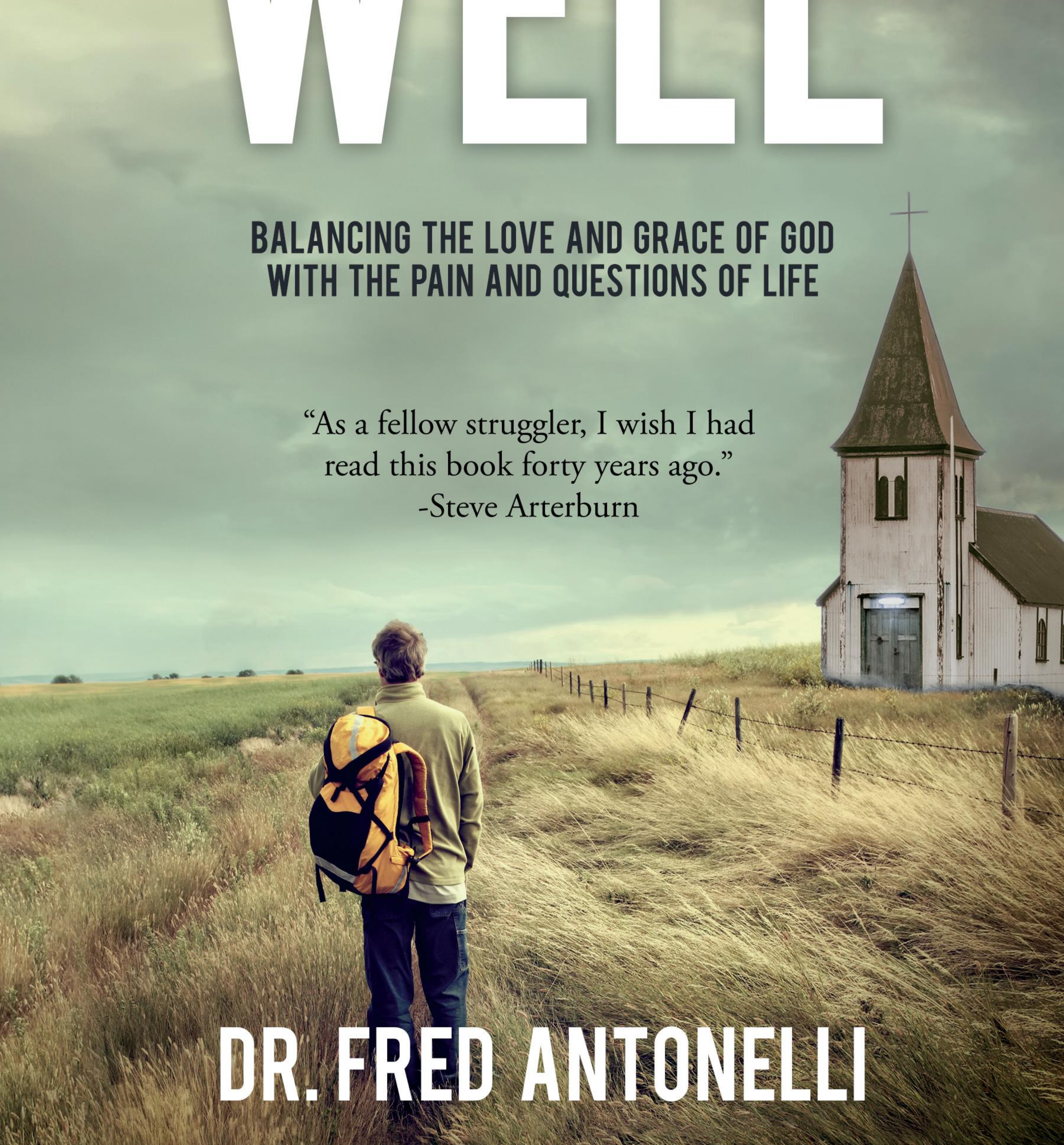
STRUGGLING WELL

BALANCING THE LOVE AND GRACE OF GOD WITH THE PAIN AND QUESTIONS OF LIFE

"As a fellow struggler, I wish I had
read this book forty years ago."
-Steve Arterburn



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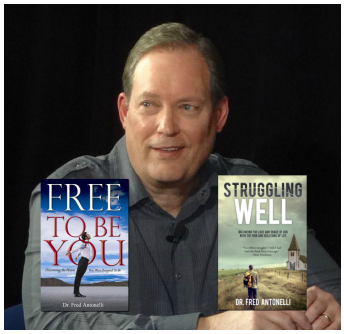
"We put great expectations on our faith while allowing little to no tolerance for our humanity."

In his new book *Struggling Well*, Dr. Fred Antonelli takes us through the reality of how these two human factors make up the life journey Jesus called us to.

AUTHOR BIO

Fred Antonelli, Ph.D., LPC is a Certified Marriage and Family Temperament Therapist specializing in Crisis Marriage and Pastoral Counseling. He has served as a former senior pastor for twenty-three years. He also was host for nine years of the popular nationally syndicated Christian teen and young adult radio show, Rock Alive, heard over both the CBN Radio Network and the Salem Radio Network. A national speaker for conferences, seminars, workshops, and pulpit ministry, he is the author of the popular book on personal identity, *Free To Be You*. Fred is founder and president of Life Counseling Center, Inc. with offices throughout the Eastern Shore of Maryland and Delaware. Dr. Fred has been married for 45 years to his high school sweetheart, Debbie and they have three children and six grandchildren. They live in Easton, Maryland.



ADVANCE PRAISE

"As a fellow struggler, I wish I had read this book forty years ago."

– Steve Arterburn

"Dr. Fred explains in a way we can understand that God has so much more for us. He puts the hay down where the cows can reach it! Sometimes he is shocking. Sometimes he is irreverent. All the time he is honest."

– Ruth Graham

"If those who had no idea what to do to help me and my family in 2006 would have had this book, our story would have modeled the healing power of the church much more powerfully."

– Ted Haggard

"Why Lord, have you allowed such sorrow and pain to flood into my world…?"

Struggling Well explores the beauty of God's acceptance of us through our human condition… the scars of life that can end up being our friend… the emancipating power of forgiveness… the joy of being set free from the pious hand of legalism as well as the stigma of mental health issues.

Struggling Well is a prescription for life success through hope and healing for a much brighter future.