



# CINDY HARDIN

SPEAKER • WRITER

## ABOUT ME:

JUST A MOM THAT REALIZED SO MANY IN THE CHURCH ARE STRUGGLING WITH MENTAL WELLNESS. I FELT LIKE SHARING MY STORY OF GIVING OVER MY STRUGGLES TO JESUS COULD HELP ANOTHER LIFE. I SHARE MY STORY OF THE UPS AND DOWNS THROUGH THE YEARS. HOW FINALLY LAYING IT ALL DOWN TO GOD SAVED ME.

“ YOU'RE  
**DEBT**  
WAS ALREADY  
D ”

## Topics:

- WHY WE MUST LAY DOWN ALL OUR CONCERNS BEFORE GOD.
- FINDING JOY IN THE STORM
- EXPERIENCING PAIN AND KNOWING IT'S PURPOSE
- THE BEST RESOURCE FOR PERSONAL GROWTH
- BEING A FOLLOWER - THE GOOD KIND
- FIND AN OUTLET
- FIND PEACE

## The Review

*'I ATTENDED A SPEAKER EVENT ABOUT MOTHERHOOD AND MENTAL HEALTH AND I WAS SO IMPRESSED BY THE INFORMATION SHARED! CINDY WAS VERY KNOWLEDGEABLE AND SPOKE IN A WAY THAT WAS EASY TO FOLLOW AND UNDERSTAND. SHE DISCUSSED THE IMPORTANCE OF TAKING CARE OF YOUR MENTAL HEALTH AS A MOTHER, AND OFFERED SOME GREAT TIPS ON HOW TO MAINTAIN A HEALTHY BALANCE.'*

*'CINDY WAS SO REAL AND SO RELATABLE. I REALLY APPRECIATED HOW OPEN AND HONEST SHE WAS ABOUT HER PERSONAL EXPERIENCE.'*

*'WHAT A REFRESHING TAKE ON MENTAL HEALTH! I HAVE PERSONALLY STRUGGLES WITH ANXIETY AND DEPRESSION AND HEARING CINDY TALK ABOUT SOME GREAT COPING METHODS HELPED ME A TON. I ALSO FELT LESS ALONE AFTER HEARING HER SHARE.'*

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.  
2 Corinthians 4:8-9

BOOK ONLINE NOW!  
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