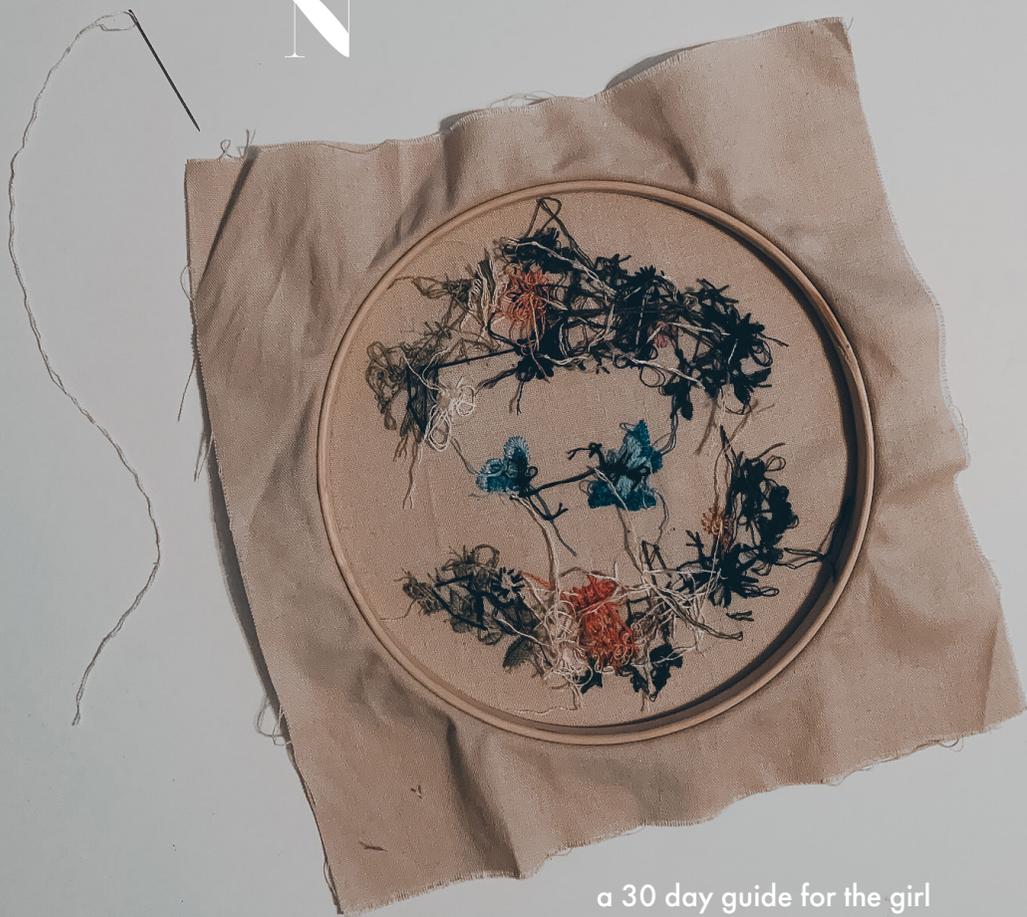


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a 30 day guide for the girl  
with a broken heart

*by amanda michelle brown*



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[Ohbelovedone.com](http://Ohbelovedone.com)

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by amanda michelle brown



# contents

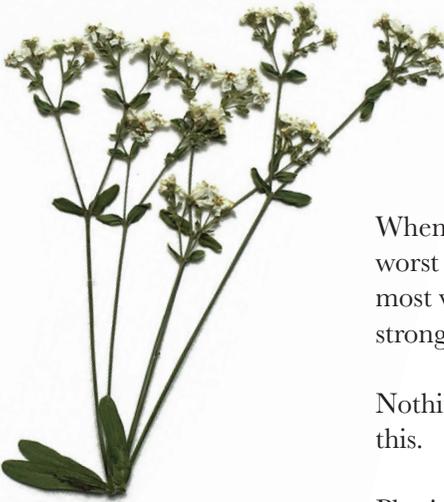


*A note about the cover: My Spanish teacher reminded me of the oft-used analogy that sometimes our lives look really awful (like the front cover) . . . but God sees the other side of the tapestry (or needlepoint). Someday the "mess" will make sense and we'll see the whole, beautiful work of art!*

- 04. **dear you**
- 06. **30 day guide**
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# dear you

*There's a quote that says that if someone were to choose having their heart broken over being shot, they've obviously never had a broken heart.*



When your heart is broken, it's one of the worst feelings in the world. You're at your most vulnerable; it doesn't matter how strong you thought you were.

Nothing can prepare you for moments like this.

Physical pain is one thing. But mental and spiritual pain is tricky. The doctors can't do an MRI or a CAT scan. You can't diagnose it to a body part. It's not cells fighting cells, broken bones, or failing lungs.

It's your mind fighting those dreams that



will never come true; broken promises that haunt you; failing to find a reason to get up in the morning.

There's seemingly no antidote.

Whatever your journey looks like, we want to remind you that you are beloved, dear one. It stinks when the person you trusted the most, the person who knew you the best, decides they don't want you anymore. No amount of words or icecream or long hugs can fix it.

But there is hope. And I hope that reading this book brings you 30 steps closer to truly being able to say that you are okay.

Your story hasn't ended. As one of my friends once said in response to me complaining that everything was falling apart, "Or maybe everything is falling into place."

each day has 1.) a mini devo with practical tips and encouragement,

## day one

**M**aybe you saw it coming, maybe you didn't. Either way, don't cheat yourself out of the grieving process.

*It's okay to lie in bed.*

*It's okay to not eat much.*

*It's okay to cry a little.*

*(To cry a lot)*

**Set a time to end your mourning, though.** Living in the past just cheats you out of your future, and you deserve better than that.

The most important thing you can do during this time is be in God's Word like your life depends on it. Read a whole chapter; read three, four, five, ten. Down that thing like there's no tomorrow.

If you don't know where to start, go with the Psalms. If you've tried to read through Psalms before and failed, start from the back and go backwards. Buy a tiny notebook (True Cotton is my favorite) and write the specific Psalms that really speak to you, marking down the date as well.

2.) a verse or passage hand-picked from amanda's own favorite verses for depression list, &

**READ ME:** Start reading the Psalms.

**WRITE ME:** Keep track of your favorite verses (trust me: there's gonna be a lot)

3.) a section to implement what you learned & take actionable healing steps.

## day two

**T**here are a lot of emotions bottled up inside of you. Sadness, fear, maybe some anger.

*Regret.*

To avoid exploding someday like a grenade, grab a piece of paper and a favorite pen and just write it all out.

How do you feel? **Sort it all out on paper.** There's something about the written word that is soothing to even the non-writer's broken soul.

READ ME: Lamentations 3:19-41

WRITE ME: Grab a piece of paper and document your feelings. Get all the grime out, however ugly. You can either save it to reflect on later, or you can ceremoniously tear it and fling it in a trash can.

## day three

It's really easy at this time to forget everything that you do have. A lot of this process has to do with *choosing to change your mindset & control your thoughts*.

Grab a piece of paper and tape it on the wall somewhere you'll see it. **Challenge yourself** to write out something you're thankful for 30 days.

You'll love it, *promise*. And those 30 days will turn into 60, and the 60 into 90. Your heart will bloom with new flowers, the kind that grows out of a heart of thankfulness.

### What to put on the list

I really wanted to emphasize being thankful for the small things that I loved. My first "entry" was books. Then, flowers. I have random things on there, serious things, even some funny. Some days will be hard; you'll be grateful for the will to keep breathing. It will get easier to be grateful.

READ ME: Isaiah 26:16

WRITE ME: Create a Wall of Gratefulness.

## day four

God is going to teach you so much during this time. I can promise you that.

Write down one lesson every day (*it doesn't have to be huge*; just something that popped out to you in your devotions) on a post-it note and stick it on a wall (or a bookshelf or your desk or your door).



READ ME: Isaiah 25:1

WRITE ME: Keep track of all the daily lessons God is teaching you. It can be anything from post-it notes on the side of a bookshelf to a decorated journal.

## day five

**F**igure out what you're going to say when people ask what happened. Write it out so you have a better chance of remembering your "speech."

Don't say anything bad about the guy or give too many details. A generic "*it didn't work out*" with a small smile and a promise that you're okay will suffice for most people who will ask you.

**Don't feel like you have to give people every single detail.** There may be people that pressure for more information, but *you have a right to withhold that*. Be especially careful if they're friends with the guy, because what you say may get back to him.

There will be the best friend or the fellow broken-hearted sister that may need more details. Still, no matter how hard, make the situation as positive as you can. "Fake it 'til you make it" is a good motto. But *be willing to share your story* to encourage other people.

READ ME: Romans 8. The first part explains who we are and what we have in Christ, and the passage closes out with basically a "how then can we fear?!" speech.

WRITE ME: Write your "explanation speech."

## day six

**F**ind your way to daily choose joy. For me, *that was (and still is) wearing yellow*. Maybe you can start a business and devote yourself to it; maybe you can smile at three strangers.

Joy is a choice.

A lot of times, especially as girls, we can believe that *feelings can't be controlled*. But, really, it's up to you to choose joy again.

God is capable, but *you have to be willing* to let Him work on your heart and fill the void. If it feels impossible (and, yes, somedays it will feel impossible), pray and beg God to give you the willpower to accept His peace.

READ ME: 2 Corinthians 4: 7-18

WRITE ME: List at least one thing you'll do to daily choose joy. It doesn't have to be big. Small choices lead to bigger choices.

## day seven

**S**tart a prayer journal. You can have separate sections for family, church, and friend prayer requests. You may also want to include verses/quotes/techniques for prayer.

Prayer is *a huge component* to healing. It's something that we can really easily look over during the high times of life.

Use this time to hone your prayer skills. Ask friends to be your accountability partner or meet weekly at school to pray for just five minutes. Pray as soon as you wake up, asking God to bless your day and send people your way that you can be a blessing to.

READ ME: Jeremiah 31:25

WRITE ME: Create your prayer journal. Walmart has great mini binders and dividers that are easy to carry around in a backpack.

## day eight

**R**eaching out to people is *so important* during this time. I found that, instead of focusing my energy on myself, I could heal through investing in other people (hurting or not).

You could volunteer at a shelter, sign up to go on a mission trip or work at a camp (if it's the summer), find a local outreach, or even just volunteer to babysit for a tired mother.

Often, I just *wanted to be someone else*. I wanted to be able to insert a CD in my mind, have it load, and then fill my brain with its contents so I didn't have to think about the hurt I was feeling.

When you serve others, it's kind of this same concept. It's *something you can use to fill your brain* so you don't have the space to think so much.

Plus, it counts for eternity!

READ ME: Hosea 10:12

WRITE ME: Write a mother, local shelter, camp, or outreach to get involved. Start doing research on places today!

they'll tell you you'll get over it

you won't believe them

the pain will seem too big

too real

the memories too clear



but I promise

someday

**YOU WILL GET OVER IT**



## day nine

It's Give Out day. Today, *make cards for old people*. You can invite friends from school to join you for lunch and bring cardstock or colorful paper and their favorite markers/pens.

You do NOT have to be an artist. Plenty of people can hardly even play an instrument, yet they perform at the nursing home and those poor, lonely old people love it.

These could be random or themed. If it's around Valentine's Day, *remind them of how loved they are*. I did mine around Christmas and got to be an encouragement to the elderly around a time that's made for family and love.

Note: Before you include verses, you may want to check with the home and make sure that's okay.

READ ME: Hosea 14:4

WRITE ME: Write cards for elderly people. Imagine what it would be like to be all alone in a nursing home, no one to care for you, just slowly wasting away . . . man! That gives me the creeps. Brighten their day with some words of encouragement. Eloquence isn't necessary.

## day ten

**L**isten to good music. Your mind will want to keep returning to those bittersweet memories, and you can *choose to not dwell on them* by instead drowning your mind in music.

I wanted to totally detox my system with the power of Christ, so I chose to listen to Christian music. I listened to Sarah Grove's *Abide in Me* album on repeat for a solid summer plus a semester of school.

READ ME: Habakkuk 3:16

WRITE ME: Text a few friends and ask for their favorite uplifting, inspiring song suggestions.

## day eleven

**S**tart a Broken List. This is a list of *all the crazy things* you've always wanted to do. Then, take action steps towards these things.

Maybe you've wanted to learn to play tennis, go to a kickboxing class, ride a jet ski, start a business, or learn a new language.

Doing activities like these is *so empowering*. Plus, maybe you were too distracted before by a guy to actually do any of these things.

Now, look at you: *going out and living life without him*.

READ ME: Zephaniah 3:13

WRITE ME: Make that list. Ask for friends to join in if you're scared, or be brave and do a few by yourself.

## day twelve

**S**ay no to reminiscing. As I mentioned before, your mind is possibly just as broken as your heart and will want to dwell on your situation more than is healthy.

*Mornings were the hardest for me.* I had to stop immediately checking my phone, had to stop thinking so much as I put on my makeup. I started plugging in my headphones almost immediately and turning on the Revive Our Hearts podcast.

Find a podcast that can inspire you and distract you. Jordan Lee Dooley's podcast is another spiritually uplifting one, as is the one run by Delight & Be. I also occasionally listen to business podcasts like Goal Digger.

READ ME: Zephaniah 9:17

WRITE ME: Create an Instagram story or text friends and ask for podcast suggestions. You can also check your favorite blogs to see if they have podcasts. It's really in right now, so they most likely do run one!

## day thirteen

**C**hoose a verse and/or song. I have a good feeling that, eventually, a verse (or verses, or passages) will really stand out to you as your anthem during this time.

Some people have life verses. Others, like my sister and I, additionally have *season verses*. You can cling to these during those uncertain or just plain old **different** chapters of life.

(These also make great memorization passages)



READ ME: John 17:26

WRITE ME: Write your verse and/or song out on an index card. You can either tape it up somewhere on your wall/desk or to the front page of your Bible. If you're good at hand-lettering, you could even letter it on one of the front empty pages of your Bible (or ask a friend to do it for you).

## day fourteen

**M**emorize verses. I memorized the end of Romans 8, part of 2 Corinthians 4, and most of Lamentations 3. I wrote the passage on a colorful index card, then stuck it inside of my phone case (#protip).

During small moments, like waiting in my car before work or right before class started, I'd *read the verse over and over* and work on memorizing it.

You can also keep it in your pants pocket (just don't forget to pull it out before you wash them).

READ ME: 2 Corinthians 3:12

WRITE ME: Choose a passage you want to memorize, then write it down on an index card for memorization's sake.

## day fifteen

**F**orgive them. It's really easy to go from hurt to anger. Maybe they *did wrong you*. Maybe they straight-up lied.

Maybe it really was just an innocent mistake.

All the Bible says is that *we're supposed to forgive them*. Write a note to the person (you don't have to ever give it to them; it's just the practice of writing it out that gets the burden off you). Confess to God any aspect of unforgiveness you're dealing with and leave it behind.

Unforgiveness truly is just downing poison and hoping the other person is adversely affected.

Let it go. *It'll be okay*. Only then can you truly start healing.

READ ME: Psalm 116:8

WRITE ME: If it helps, you can write out your "apology" on paper. Whether you want to keep it or not is up to you.

## day sixteen

**R**ealize you can be loved again. All people want (especially girls) is to be wanted. Therefore, rejection can really hurt.

But, just because this person didn't appreciate you *doesn't mean no one ever will.*

Give yourself permission to fall in love again. It doesn't have to be tomorrow; it doesn't have to be in a year. But promise you'll try again.

READ ME: 1 Corinthians 1:7-9

WRITE ME: Write these words in the back of your church notes, Bible, or personal journal: "I will be happy again. I choose joy. I am allowed to smile again."

*It's not enough to say you're a Christian and say you believe God is enough but when you're tested you break*

Do you believe

(Like really truly believe )

Do you believe these words they're singing

Do you believe that God robed himself in the flesh to send someone to be beaten and bruised so you could be healed

Stop acting like you're the victim

This is life

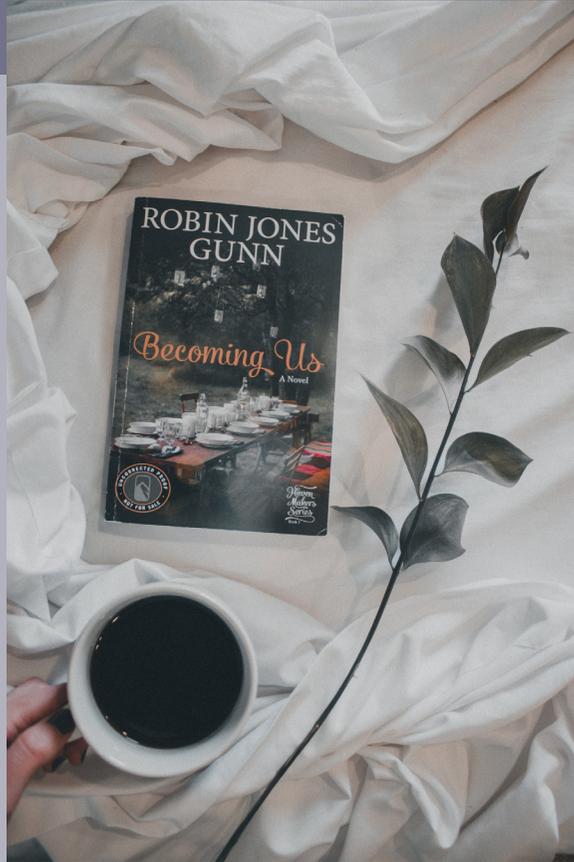
Embrace it love

Because without fire and without water your faith is empty

You have to practice to get better

You have to break to heal

You're going to be ok but you have to choose



You have to choose to believe that he is enough  
More than enough  
You have to choose to believe it's all real  
More real than you are  
Greater than you are  
There is hope in him

## day seventeen

**D**on't be afraid of the future.

You had a whole other future planned out. Maybe you started a list of baby names or had wall colors picked out. There may be a whole file in your mind of promises about a future that he mentioned that *you wish you could just burn*.

But . . .

You're going to make new future plans. These are gonna be *better* than you ever could've imagined. Maybe you aren't sure about what they look like, but that doesn't matter.

They're there, and *God knows them*. He's going to lead you right towards them.

READ ME: Psalm 138:8

WRITE ME: Write out Psalm 138:8 and put it on your desk. (Pinterest has some lovely hand-lettered versions of this verse too)

## day eighteen

**S**tart a miracle journal. Go to Goodwill and buy an old, thick book. Over the next few months, find the little miracles God does and *write them in the margins*.

These are things like the perfect song being sung in church; an unexpected letter from a friend on one of your harder days; traveling mercies when you should've been hit by a car (not kidding you: so much stuff like this happened to me and I won't be surprised if they happen to you too).

It's just something about those really low valleys that *makes God's goodness and power so much clearer*. It's like we're on Mount Everest but it's almost totally covered by water. Then, it all drains and you realize how far up you actually were.

You just couldn't see it so you didn't appreciate it.

READ ME: 1 Corinthians 2:9

WRITE ME: Grab an inexpensive book from Goodwill and fill the margins with the miracles you see God work in your life. If you aren't a margin gal, you can grab paper and glue it inside. I just love the feeling of an old book!

## day nineteen

**W**rite your own “okay” mantra. This sounds really weird, but you may need it, especially if you’re prone to panic attacks.

Mine honestly went something like this:

*“You are okay. You are okay. You are strong. You will get through this.”*

Learn to breath. Like really breath: full body, slow and steady, focusing all your energy on drawing in the good, breathing out the toxic.

READ ME: Psalm 56:8-11

WRITE ME: Write down your “okay” mantra for those really bad moments.

## day twenty

**B**e careful about sending messages on social media. You know what I mean: posting that cute picture of you and a *very pointed caption* like: “You will not beat me down. I will come out on top.”

Well, *who could that possibly mean?* Most likely, the guy won’t even notice . . . and if he does, he won’t grow in respect for you.

(You may even want to stay quiet on social media or delete it all together.)

Also, be careful about “inadvertently” searching for his name in the likes. Don’t read into it, whether he likes your photos or not.

Think carefully about how your mental health is affected by social media. Ask your parents or trusted mentors whether you should block the guy or not. If seeing him in your feed starts another rush of panic attacks and depression, it’s okay to unfollow him.

READ ME: Psalm 51:8, 17

WRITE ME: For your next caption, just share your life verse or a “normal” caption. It might be heard to not come up with something that’s pointed. If you absolutely can’t find anything, just don’t post. It’s okay.

## day twenty one

**D**on't throw out the reminders. *Don't get me wrong:* I'm all for trashing those pictures of you two together or the things he gave you so you aren't thrown into another wave of sadness.

Instead, I mean don't stop listening to your favorite song because you shared it with him (you may not want to listen to "your" song for a very long while: that's okay). Don't stop watching that movie because you had a movie night with him that one time.

*Don't let these things that belong to the world as a whole become imprinted by memories of him and therefore unwelcome in your life.*

Add those elements back into your life, filled with different people and situations.

READ ME: Psalm 119:71

WRITE ME: Write those items back into your life. It might hurt the first time you hear "that song." Some songs you may just have to trash all together. But if it was your favorite song first, its yours. Welcome it back into your life.

## day twenty two

**D**on't hate the other girl. Maybe he left you for another girl, or maybe one came around a few months or years later, but the principal is the same.

The Bible is very pointed on this. If you want to know if you're a Christian, *ask yourself if you love God's people.*

Was this girl made in the image of God? Yes, whether she's a Christian or not. No matter how hard it may be, don't ever talk bad about her behind her back or give into hatred.

(I've always heard that it's hard to hate someone you pray for. Praying for this girl may help heal the sting.)

READ ME: Zephaniah 3:17

WRITE ME: Start a list of verses about loving your fellow Christian Sisters and Brothers. It's a very rebuking exercise, but must-needed!

## day twenty three

**S**tart a collection of attributes of God. This could be in conjunction with your devotions or added to it.

The way I was taught is that you *take attributes from verses* and write these verses down.

I have a whole binder full of attributes and verses. Guess which sections are the largest? “My God is love” and “my God heals me.”

READ ME: Proverbs 16:9

WRITE ME: Grab a binder (hello cheap Walmart school supplies) and start listing out attributes of God. Binders are great for this because you can alphabetize the characteristics so they're easily accessible when you need a certain category on hand.

## day twenty four

List your blessings since . . . well, “everything” happened. This comes naturally in conjunction with the previous activity.

In what ways is God SO much better than that guy was?

For one thing, His love NEVER fails. *He’ll never decide to stop loving you, or that you aren’t worth it.* I came up with five blessings (I was going for ten but never finished—whoops). How many can you think of?

If it’s hard for you to think of things, take a look at your list of attributes or the Bible verses you’ve been collecting. *Where did that guy fall short?* Where is God the absolute king of perfection in stark contrast to that guy?

READ ME: Psalm 40:8

WRITE ME: Start a list of blessings. I wrote mine on cardstock with my favorite pen (there’s something about that combination that makes me really happy).

## day twenty five

**F**ind your good thing. The Bible says that God doesn't withhold any good thing from those who walk uprightly.

One of the most freeing truths is that that guy—if God forever took him away from you—*was not your good thing*.

Breathe in. Breathe out. You're not missing out on anything, beloved.

Something else is your “good thing.” *Maybe someone else*. For right now, rest in that truth.

READ ME: Psalm 84:11

WRITE ME: Thank God that He didn't allow this to happen to you because He's cruel, but because He loves you and knows what's best for you (no matter how hard it is to accept that).

## day twenty six

**B**e okay with not being okay. At some point, for maybe just five minutes, *you'll feel okay again*. You'll feel so high at that time because it's been so long since you haven't felt your eyes tear up at the smallest thing, so it's easy to think that you're healed.

*It's at this time that you have to be the most careful.*

Sometimes I wonder if it's Satan, upset that he hasn't totally cracked us yet, trying to see if he can eventually catch us off guard.

So, *stay on guard!* Keep being faithful in your God Time. Keep praying, keep serving and loving on others. Keep yourself rooted so when the earth shakes beneath you once more, you're prepared.

READ ME: Psalm 42:5

WRITE ME: Have you felt almost normal again? Try your hand at writing a Psalm-like praise. Don't say you can't write: just list out the feelings you're experiencing and thank God for His goodness.

## day twenty seven

**F**ind your outlet. I wrote poetry and rewrote tunes to old hymns. Maybe you can scrapbook with Bible verses about pain or start an anonymous blog with prose-like entries.

You could enter the world of fine art photography, try making different types of breads or cakes, or start a garden.

Lots of these outlets are creative, I know. But math people can make cake too! (In fact, sometimes *I would rather you make it than me* because . . . well, numbers are involved!)

READ ME: Deuteronomy 9:3

WRITE ME: Decide what your outlet is gonna be . . . and do it!

## day twenty eight

**B**uy a pack of mini flashcards and ask friends to write their favorite verses. I found a pack of yellow ones at Walmart for *less than two bucks*, and it came with a keychain so you can keep it on your backpack to flip through on hard days.

Eventually, when you feel truly okay again, you can make an encouraging verse-holder for another friend who's down in the dumps . . . *or give yours to them.*

READ ME: Deuteronomy 10:12 (insert your name in the part where it says "Israel")

WRITE ME: Start an encouraging verse-holder with flashcards, a key ring, and a simple marker.

## day twenty nine

Use the pain to really focus on trying to take away as much as you can from church.

Take notes. Write notes in the margins of your Bible. Sing loud, sing proud. *Really think about the words.* Join the choir, volunteer for clean-up days, sign up to help in nursery.

Decide to thrive in the body of Christ.

READ ME: Psalm 55:22

WRITE ME: Email the head of a ministry at church or your pastor's wife and ask how you can help.

## day thirty

**R**un it off. Yeah, you heard me . . . *but wait!* Before you *run* in the opposite direction, hear me out. There's something relieving about your feet hitting the pavement, something invigorating about sweating and feeling the breath rushing through your lungs.

Girl, *I hate running with a passion*. But sometimes you just need a good detoxing jog. (Be careful not to view this as a punishment, though.)

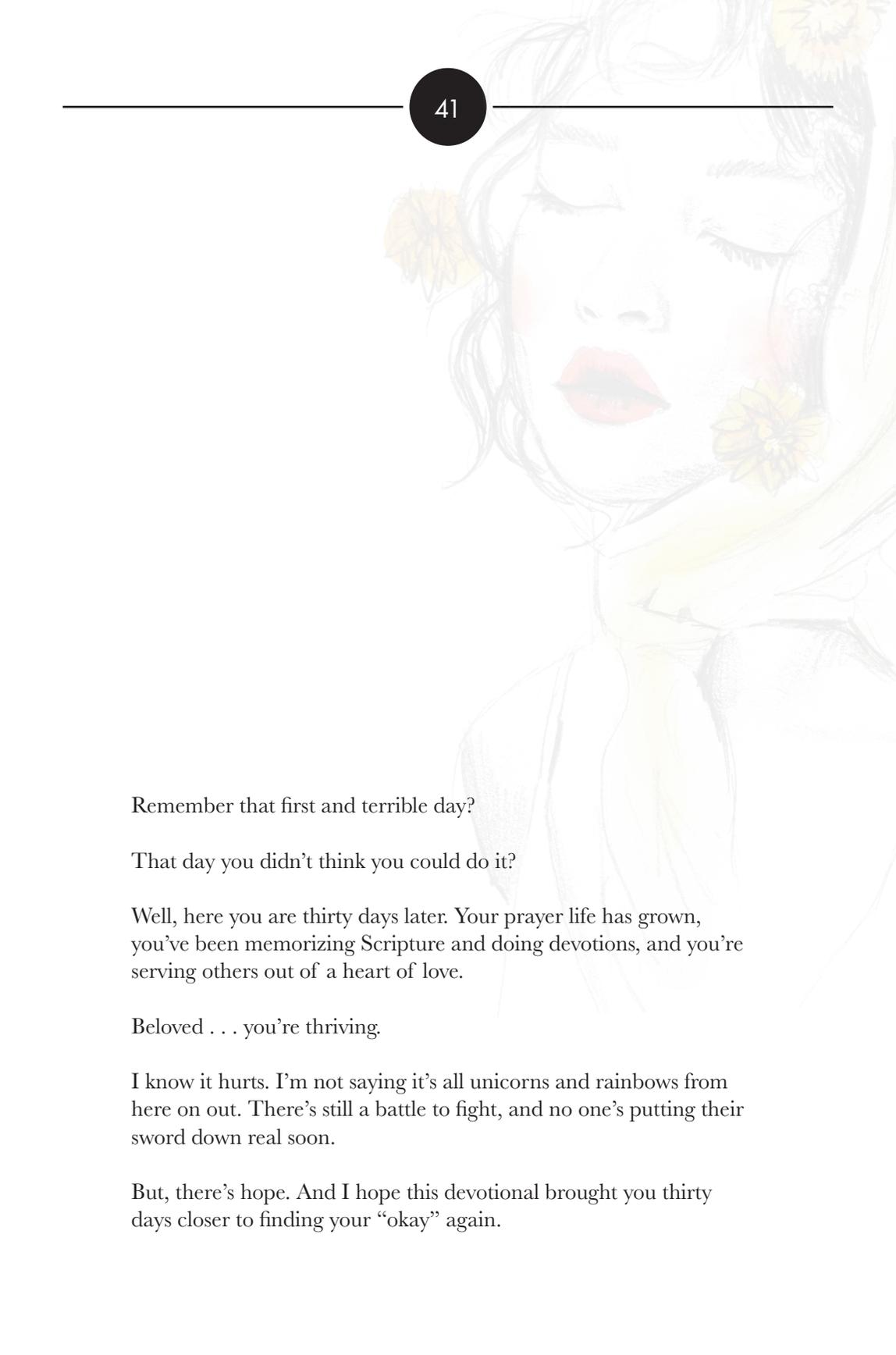
You could also look up ballet barre classes on YouTube (Ballet Beautiful and Xtend barre are great, but not free), HIIT workouts (Nourish Move Love and Sweat Love Fit are favorites of mine), or even a little dance-inspired cardio to help get you moving.

READ ME: Psalm 27:4

WRITE ME: Google some workouts, then write encouraging comments on the tutorials you follow (especially if these people are smaller YouTubers).



**Girl, you made it.**



Remember that first and terrible day?

That day you didn't think you could do it?

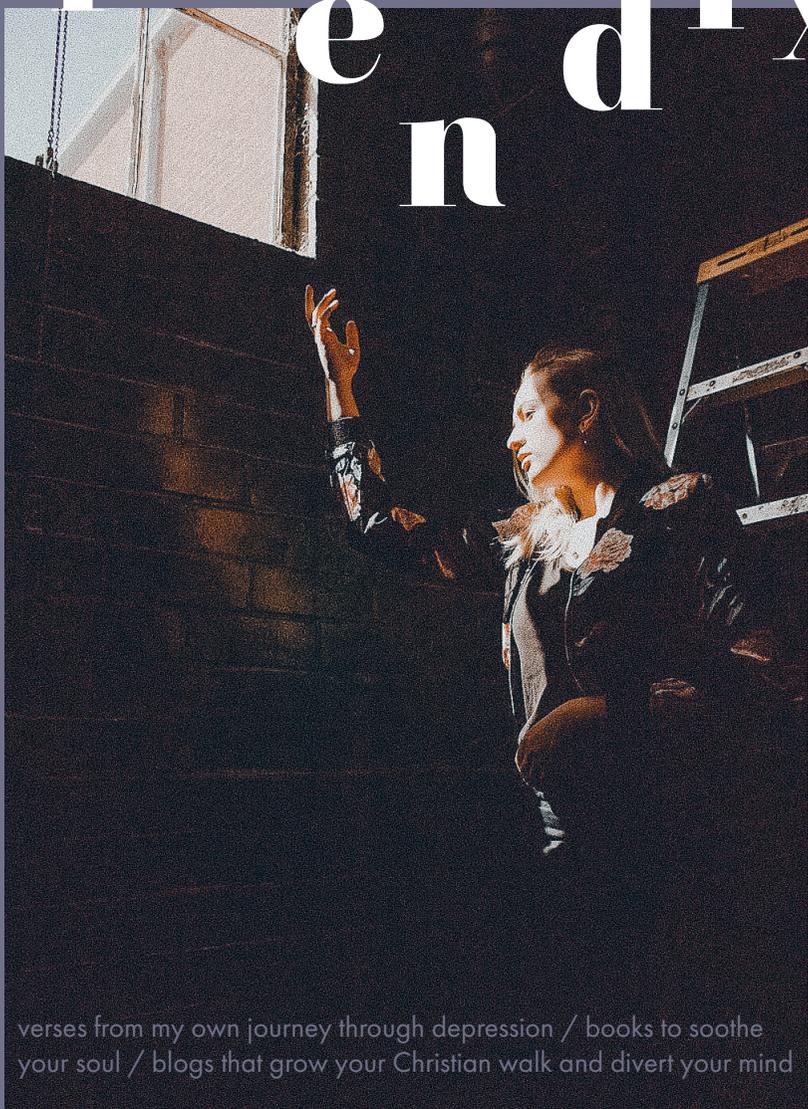
Well, here you are thirty days later. Your prayer life has grown, you've been memorizing Scripture and doing devotions, and you're serving others out of a heart of love.

Beloved . . . you're thriving.

I know it hurts. I'm not saying it's all unicorns and rainbows from here on out. There's still a battle to fight, and no one's putting their sword down real soon.

But, there's hope. And I hope this devotional brought you thirty days closer to finding your "okay" again.

# a p p p e n d i x



verses from my own journey through depression / books to soothe  
your soul / blogs that grow your Christian walk and divert your mind

# verses vault

**Exodus** 4:11

**Deuteronomy**

9:3

10:12

29:2

30:20

32:39

33:12

34:25

**1 Samuel** 2:2, 6-9

**2 Samuel** 22:29

**1 Chronicles**

28:9-10

**Job**

23

37:5-6

*Basically the whole  
book*

**Psalm**

27:4\*

28:7-8

34:4\*

40:8, 10, 17

42:5

51:8, 13, 17

54:4

55:22

56:8-11\*

57:10

61:2-3

62:3, 8

66:10-12

69:13

86:5

139

107:14

116:8

119:71, 165\*

138:8

145:17-20

**Proverbs**

3:5-6

16:1, 3-4, 9

**Ecclesiastes**

7:3, 5, 8, 10, 14

11:5

12:13-14

**Isaiah**

25:1

26:7-13, 16

33:6

50:4

51:15

62:4

**Jeremiah**

31:25

32:33

**Daniel** 4:35

**Hosea**

10:12

14:4

12:6

**Habakkuk**

3:16

**Zephaniah** 3:5,

13, 17

**Zechariah**

10:12

9:17

**Matthew**

6:34

**John** 17:26

**Acts** 20:24

**Romans** 12:1-2

**1 Corinthians**

1:7-9

2:9

11:13

**2 Corinthians**

1:4-10

3:4-6, 12, 17-18

*chapter 4*

12:9-10

**Colossians** 3:17

**1 Timothy** 4:10

**1 John** 5:14-15

**1 Peter** 3:13-17

# best books\*\*

*I.D.—Who Am I in Christ* by Natalie Durso

*Choosing Gratitude* by Nancy DeMoss Wolgemuth

*Trusting God* by Jerry Bridges

*Own Your Everyday* by Jordan Lee Dooley

*What Do I Know about My God?* by Mardi Collier

*Passion and Purity* by Elisabeth Elliot

*Low: When Depression Hits* by Amanda Brown

*Lies Young Women Believe* by Nancy DeMoss Wolgemuth



# blogs\*\*

**Oh Beloved One ([www.ohbelovedone.com](http://www.ohbelovedone.com))**—I’m clearly not biased at all. No, but seriously: I would love to be a blessing in your life. I post weekly with encouraging, devotional-like posts that are all about putting practicality into your Christian walk. I also talk a lot about dealing with depression and anxiety.

**The Bud Co ([www.thebudco.org](http://www.thebudco.org))**—Love their inspiring merchandise and they just released a podcast!

**Delight & Be ([www.delightandbeblog.com](http://www.delightandbeblog.com))**—One of our writers helps create their podcast so that’s pretty neat! They also have a lovely magazine, and they post on their blog regularly.

**Grit & Virtue ([www.gritandvirtue.com](http://www.gritandvirtue.com))**—They have lovely journals and a passionate writing style.

**The Well Watered Woman ([www.wellwateredwomen.com](http://www.wellwateredwomen.com))**—They have gorgeous devotionals (check out “Dear College Girl”), journals (like the original “Give Me Jesus” journal), and I really love their “Behind Closed Doors” blog series.

**Phylicia Masonheimer ([www.phyliciamasonheimer.com](http://www.phyliciamasonheimer.com))**—Phylicia isn’t afraid to say what needs to be said. She tackles tough topics and is 100% REAL on her social media.

**Janelle Wood ([www.janellmwood.com](http://www.janellmwood.com))**—I enjoy her mailing list because it’s very chatty and perfectly encapsulates that sitting-by-the-fire-with-a-cup-of-coffee feeling.

**Lies Young Women Believe ([www.liesyoungwomenbelieve](http://www.liesyoungwomenbelieve))**—So many times I get email updates on a blog post and it’s exactly what I’ve been needing. Their book is also a must-read!

*\*we do not 100% endorse any of these blogs or books . . . except our own, of course!*

# about the author



Hi there, beloved! I'm Amanda Brown. I'm absolutely obsessed with yellow, Emily Dickinson poems, and crime shows. I hate painting my nails because I'm too impatient to let them dry, and I'm extremely forgetful when it comes to birthdays but I'll remember your biggest hopes and dreams.

I started *Oh Beloved One* in 2012 out of my love for writing. When I grew out of the *American Girl* magazine, I was so disappointed that there wasn't a good alternative. So I decided to start my own.

Now *Oh Beloved One* is a blog and print magazine. We also provide resources (such as this book) to help broken girls heal and Christian girls grow. Our ultimate goal is to remind you that you're beloved.

I always thought of myself as an empathetic person, but it wasn't until I went through my own journey of depression that I realized what a lonely and terrifying journey it is.

If my journey can just bring one girl that much closer to healing a broken heart, it will all have been worth it.



we're in print



get more

ohbelovedone.com



live your  
PURPOSE

get your  
VICTORY



find your  
IDENTITY

*There's a quote that says that if someone were to choose having their heart broken over being shot, they've obviously never had a broken heart.*

Your story hasn't ended. Whatever your journey looks like, I want to remind you that you are beloved, dear one. There is hope. And I hope that reading this book brings you 30 steps closer to truly being able to say that you are okay.

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