



Faith Flight for Empty Nesters Sherry Kughn

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Faith Flight for Empty Nesters by Sherry Kughn is now shipping from Lambert Book House.

Faith Flight for Empty Nesters tells how empty-nest Christian mothers can grow in faith and influence in the home, church, community, and world to achieve greater joy, fulfillment, and new levels of influence for Christ.

In her introduction, Sherry Kughn writes, “[M]y ideas about implementing faith in Christian women’s lives took shape in the world of birds. We use their same vehicles for growth – leaping, exercising, and flying. No matter our age, in whatever area we want to improve our faith, we must do the three things baby birds do. Not one of these activities can ever be perfected, as the Christian life, we know, is a series of journeys that leads us to new levels of faith. However, even tiny leaps of faith, when combined with exercises in faith, can improve the way Christian women implement faith in their lives in order to ‘soar’ to new heights.”

Throughout her book, Sherry uses Bible examples of individuals whose faith and positive actions fostered remarkable outcomes for family, friends, and even acquaintances, outcomes whose impact continued for future generations. Sherry extols the benefits of positive visualization, confronting problems, nurturing relationships, humility, how faith can improve relationships, influence by hospitality, working in the church, developing courage, sharing, connecting with love and joy, and much more.

Sherry Kughn is an Anniston, Alabama native and the mother of three grown children—Jeremy, Jonathan, and Brianne. She is a grandmother of five and is married to Barry Kughn. Sherry worships at the Greenbrier Church of Christ in Anniston.

Priced at only \$8.95, *Faith Flight for Empty Nesters* —176 pages and 13 chapters—is available from any Lambert Book House dealer (see our online dealer list) or directly from Lambert’s Online Store.

To read a review of *Faith Flight for Empty Nesters*, visit Sherry’s website at www.hearttreebooks.com/heartfaithreview.html.