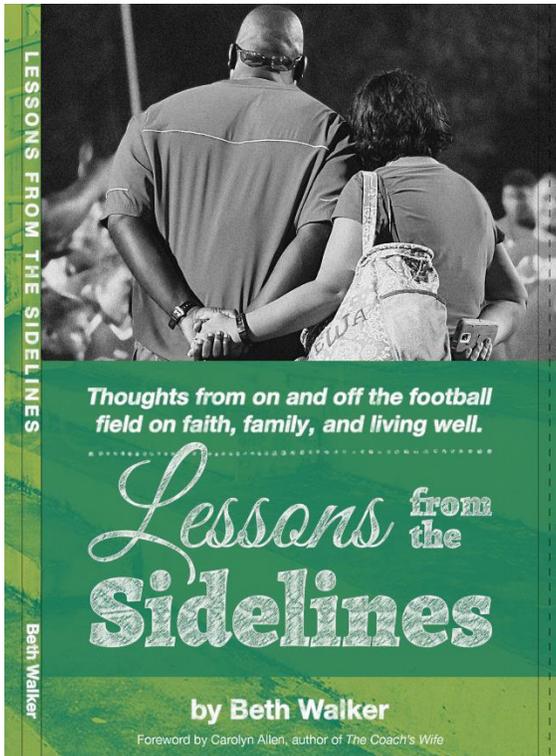


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Public life can be lonely, even when you're living on mission. We all need a cheerleader from time to time, and *Lessons from the Sidelines* aims to be just that. Football coach's wife Beth Walker encourages women whose families are in the public eye to pursue their own callings even as they support their husbands' careers and ministries. Through her own personal stories as well as interviews with other women who are also living just outside their husbands' limelight, Beth shows it's possible to do both.

Whether you're a coach's wife, the wife of a professional athlete, a pastor's wife, the wife of a CEO, a military wife, or a college administrator's wife, you have unique challenges to navigate that differ from the struggles of other women. *Lessons from the Sidelines* will help you:

- Engage 7 steps to clarify your calling, identify your sweet spot, and implement strategies that will enable you to live on mission.
- Identify how the 5 Stages of Burnout can impact your marriage and your ability to fully embrace your calling.
- Tackle the unique hurdles of parenting in the public eye.
- Learn practical tips for getting through the harder parts of the calendar year.



About the Author

Beth Walker has partnered with her husband for twenty years, in leadership and ministry both on and off the football field. Beth is passionate about encouraging women to pursue their individual callings from God. She is a contributor to Friday

Night Wives and The Glorious Table. On her own blog, *Lessons from the Sidelines*, Beth offers practical advice for other coaches' wives as well as a behind-the-scenes look at her family's life as they serve their football players and their community.

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Quotes from Lessons from the Sidelines:

- “The thing about building dreams: they require slow, methodical work behind the scenes because they have to have a firm foundation.”
- “We need to be willing to identify the difference between a temporary job and living out our callings.”
- “If we decide we must fulfill other people’s expectations, we’ll spend our lives striving to be worthy in everyone else’s eyes.”
- “The thing about living life on mission is that it won’t always make sense to people around us.”
- “When we thrive in our sweet spot, we’re living out God’s plan for our life rather than following someone else’s advice or version of our calling.”
- “Clarify your calling, Bloom where you are planted, and Thrive in your sweet spot.”

Suggested Interview Questions

1. Someone’s calling can be defined in different ways. How do you define it?
2. In Lessons from the Sidelines, you say, “Clarify your calling, Bloom where you are planted, and Thrive in your sweet spot.” What is the distinction in these three phrases and why are they each important?
3. Do you provide any tools for people who are pursuing their calling?
4. Tell me about some of the other women you feature in the book.
5. How can we keep up with the latest on what’s going on with the book?
6. Your husband has coached at the college and high school levels what’s the difference for your family?
7. Why did you choose to feature wives whose husband’s work in fields other than coaching?
8. Tell me about the photo on the cover of your book