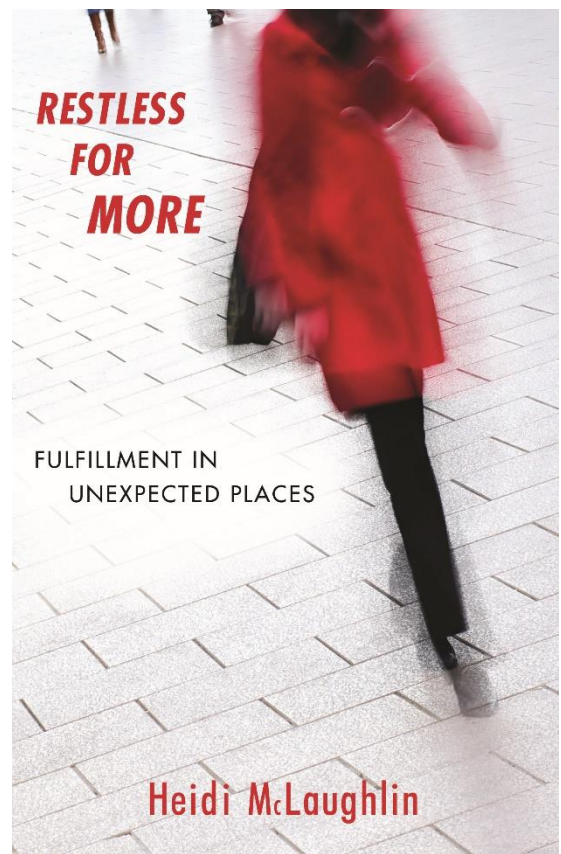


- **Release Date:** July 14, 2016
- **ISBN:** 9781940269887
- **Retail:** \$13.99
- **Pages:** 240
- **Category 1:** Inspirational
- **Category 2:** Christian Living
- **BISAC:** Religion / Christian Life / Women's Issues (REL012130)
- **Format:** Paperback

# RESTLESS FOR MORE

FULFILLMENT IN UNEXPECTED PLACES

Heidi McLaughlin



Ever feel restless, knowing there's more to life? Ever wonder why your plate is full, yet your soul is still empty, even as you search for *more*?

**Soul cravings.** Respected author and speaker Heidi McLaughlin reminds us that we all have them, and all of us are driven in some way to find life's greatest meaning and ultimate joy. God has designed us to feel pleasure, passion, and intimacy. But if our deepest longings are misguided, they can bankrupt our souls, fracture relationships, and max out our credit cards as we search for *more*.

***Restless for More*** is a book for our time, as we are bombarded with media that tells us we can do whatever it takes to make us feel good. But contrary to the world's view, we don't find our deepest fulfillment through more pursuits; we find fulfillment through an intimate, loving relationship with God and walking out the biblical "one another" principles through connecting with God and through healthy and loving connections.

How can this contrarian belief possibly be the answer to our endless pursuits? ***Restless for More*** will help you...

- radically re-shift your thinking
- remind you that you are not alone in feeling restless
- realize that indeed, there is more to life
- find clear direction from God's Word on how to apply the biblical principles
- find fulfillment in unexpected places

***This wise and helpful book by Heidi McLaughlin offers inspirational stories from individuals who have lived out these principles. Includes a study guide, for individuals and groups to dig deeper.***

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# About the Author

## Heidi McLaughlin

For over two decades, Heidi McLaughlin, international speaker and author of five books, has been teaching people how to find fulfillment through their relationship with God and each other. This passion emerged through her personal discovery of how God's love heals and restores all our

brokenness. Heidi empowers women through teaching Bible studies, speaking at conferences and retreats, mentoring and writing. Heidi and her husband, Pastor Jack McLaughlin, live in the beautiful vineyards of West Kelowna, British Columbia and have a blended family of five children and nine grandchildren. Heidi's great joy is executing a long putt on the golf course, spending time with her grandchildren, and laughing with her husband and friends.

Connect with the Author at:

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# Suggested Interview Questions

For Heidi McLaughlin, author of

## *Restless for More*

*Fulfillment in Unexpected Places*

**Q. What qualifies you to say that people are restless?**

- A. For the past 20 years I have been, and continue to be, a pastor's wife, I have a ministry, I mentor women and I teach Bible Studies. Because of this platform I have met with audiences all across Canada, United States and internationally and talked with them about their personal lives, marriages and careers. Only in the last five years has it been evident that people are unhappy, unsatisfied and even depressed. More than ever before women are struggling with bulimia, anxiety attacks and depression and taking drugs to find some happiness and peace in their life. To fill their emptiness and prove to the world that they are enough, they are working harder and doing more and yet they can't seem to find fulfillment. We all know in our hearts we want to feel joy and contentment, but we are looking for it in ways that will never ultimately fulfill us.

**Q. What do you mean by the sentence, "I believe people have lost their way?"**

- A. The media, carefully crafted advertising and even people in our areas of influence tempt us into believing we should do whatever it takes to make us feel happy. So we buy more stuff, go on more trips, create more social events, try more exotic adventures and even shop around for a more inspiring church. Our storage places, closets, agendas and garages are packed full of stuff and our souls are empty and keep craving for more. Contrary to worldview schemes, God designed us to find fulfillment not through material stuff and success, but through intimate, loving and healthy relationships with Him and one another.

**Q. What is wrong with finding fulfillment and joy through accomplishments or success?**

- A. Nothing. I think it is absolutely marvelous when people use the gifts and abilities God has given them and incorporate them into a successful career or rewarding accomplishments. But we have to be careful not to equate our self-worth with our net worth. Because when our accomplishments are yesterday's news and our success crumbles and our self-worth will shatter. So in order to find that ultimate happiness under any circumstances, success or failure, we have to align ourselves with God's design for our lives, and let the accomplishments and success be the icing on the cake.

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**Q. How has social media, and our technology impacted the restlessness in our relationships and marriages?**

- A. I think social media, and technology is wonderful and I would be lost without it. But it can really damage our soul when it takes precedence over our relationships and marriages. We are always looking for the latest, greatest and fastest devices and we will pay whatever it takes to own one. There is always a new game, or app, or Netflix series. The magnetic thrill and pull keeps you up late at night, you end up having shorter and less meaningful conversations with your spouse, you feel tired and empty and can't figure out why. Then everyone on Facebook and Twitter are having a better life, more success, exotic vacations and more friends than you, and you feel alone and useless. So your restless and relentless nature keeps you seeking for fulfillment through a better game, a new Netflix series, and a new app more ours on Facebook and the latest version of Candy Crush. There is no end.

**Q. You say that we are created for relationship and community. Can you back that up with an example?**

- A. First of all, we are created in the image of God who is the trinity of God, Jesus and the Holy Spirit. So spiritually we designed to be in intimate relationship with one another. Physically, there has been extensive research done in the last number of years by the Harvard Medical Team, and other organizations, that prove we are healthier and live longer lives when we are in healthy relationships. When we are in a loving, healthy relationship our limbic system in the brain actually lights up (if it were being photographed under an MRI machine) and pleasure chemicals are released such as endorphins, oxytocin, and dopamine, which make us feel good.

There is an interesting and extensive article in June 2015 edition of Vanity Fair about PTSD. Yes, when soldiers come back from war they suffer from anxiety, depression, insomnia and nightmares, but their biggest struggle is the fact that they have lost their tight, safe and close community of like-minded soldiers.

**Q. How is it possible to find fulfillment through serving one-another?**

- A. God, whose essence is love, has created and designed you and me in His image. The one command in the bible He has for us is: "You must love the Lord your God with all our heart, all our soul, all your strength, and all your mind. And, Love your neighbor as yourself" (Luke 10:27 NLT). Everything God has written in the Bible is for our benefit, fulfillment and joy. So when we follow His command to love Him first, and then pour that love out on mankind, something mysterious and wonderful happens. We become fulfilled and joyful. The "one-another" principles are actually "love in action." They are 36 different human ways to express God's love to each other, and the Bible is filled with ways to do do-able, tangible and lovable acts that change the world and ultimately fulfill our own soul.

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**Q. How do you “honor one-another” when it is your mother or father who abused and abandoned you?**

- A. This is a biblical command with a promise. It says that IF we honor our mother and father, that it will go well all the days of our lives. “And this is the promise: if you honor your father and mother, “you will live a long life, full of blessing.” (Eph. 6:3 NLT). I mentor many women who have had abusive relationships with their parents and there is nothing easy about my conversations when I tell them to “honor” their parents. We may disagree or even hate what someone does, but it is not about how we react to someone, it is how we respond. We can always speak and respond with words of respect. Even if spoken words don’t work, I sometimes encourage women to write a letter filled with love and respect to express their side of the story. I had one woman whose abusive father had been dead for 35 years and she simply could not find any peace about their relationship. She finally wrote her dead father a letter, filled with respect and affirmed that he did try to do his best with the abilities that he had. She finally found the promise of God’s peace. But the first step to doing any of this is to start the process of forgiving them for the hurt they caused you.

**Q. What is one thing a person can do right now to stop their restless treadmill?**

- A. The first step to any change is to acknowledge that something is wrong. If you are not yet a Christian, make a commitment to begin your relationship with God so that you can learn to receive and experience God’s love. In my chapter on the Red Suitcase I make the comment that “solitude is power”. Do start to spend quiet time with God and ask Him, first of all what is wrong with your life, and secondly, ask Him for wisdom to change it. If there are addictions, broken relationships, depression, overeating, over-spending or other difficult challenges, it will take time. But it will be in those quiet times with God you will eventually find your God-given self worth and be empowered to begin to make some bold choices to perpetuate change. Depending on the nature of your problem, God may also direct you to make bold decisions to get some Christian counseling and or whatever it takes to help you find hope, healing and wonderful fulfillment.

**Q. How does the topic of loneliness fit into this book?**

- A. This book is all about finding fulfillment by connecting with God and then other people. We are designed to be in relationships and part of loving and supporting communities. If we don’t recognize that, or don’t make an effort to be connected to society, we will struggle with the agonizing and heart-wrenching feeling of loneliness. Even though this generation has more sophisticated and easy ways to stay connected through social media, churches, travel, blogs, organizations, clubs, on-line chat rooms and more, this is the loneliest generation in the history of the world.

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