



In Bloom: Trading Restless Insecurity for Abiding Confidence

Kayla Aimee

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Every woman is intimately acquainted with feelings of insecurity and inadequacy. Whether fueled by a culture of makeover shows, by the lingering memories of mean girls, or by events much more wounding to the soul, we can become so conditioned by self-doubt that it becomes our inner monologue.

What we want is to be free of shame and comparison, to turn our uncertainty into a bold confidence. But to flourish in our own skin, we first have to rewrite the narrative.

In this fearless, funny, and refreshingly relatable chronicle of her own metamorphosis from the insecurity that once held her captive, author Kayla Aimee unfolds the blueprint for women to:

- Identify the deep-seated sources of our assumed inadequacy and replace them with steadfast truths of scriptural affirmation
- Replace our need for approval with the enduring promise of acceptance
- Uncover our purpose, unlock our potential, and celebrate the God-given gifts in our unique personality

To every woman who longs for belonging, this journey through Kayla's inviting prose, biblical promises, and journaling prompts will help guide her from restless insecurity to a beautiful becoming.

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In Bloom: Trading Restless Insecurity for Abiding Confidence Details

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From Reader Review In Bloom: Trading Restless Insecurity for Abiding Confidence for online ebook

Cassey says

So here's something you should know, I've been reading KA for about 10 years now...and she is one of the few bloggers whose voice has always remained true to who she is. Yes, she's changed - life does that to one - but she has never written in a way that you didn't feel invited into her life. And it is the same with this book.

While Anchored was the rawness of finding her way through one of the things I would never wish onto my worst enemy, In Bloom is the light of KA's humour and an understanding that so many of us can relate to.

In her introduction she mentions that you'll feel as if she has read your diary. And while I don't keep a diary, it certainly felt as if she was privy to my innermost thoughts...shame. During the process of reading this book I was struck by her words, and often had to share something she had said with many a friend. It speaks to the person that KA is that her words ring so true.

I must mention that while I sit on the agnostic fence, this book does not. It is well and proudly a book by a Christian. But while there is plenty of mention of verses, they didn't feel as if they were pounding away at me for not being Christian. Those verses are part of KA and how she writes, so if she had used something else, this book would be something else.

It is a book with a thread of looking at shame, and how often our desire to be perfect steams from shame...and feeling as we're not good enough or don't belong. The thread is part of what can have you feel as if you should read it in one go. But, I think it's important to read this slowly...and you're aided in reading it slowly by the way it's written as a series of vignettes. There is also a section at the back to facilitate discussion for those who enjoy book clubs. I can see this book working well for a close group of friends.

All in all I enjoyed this. And quite happily recommend it to folks.

I am a lucky fish and on this author's launch team

Melissa Henderson says

Insecurity and self doubt can occur at any time and any age. The author shares personal life stories while giving encouragement and hope. Each person has their own life experience and the way we handle these experiences can be a blessing to us and to others. This book made me laugh and cry. I kept thinking how some of the stories remind me of my own life. Great book. I received a copy for free and this is my own personal opinion.

Cindy says

This is a treasure of a book! If you struggle with your worth, shame, your past, your parenting, this is a book you need to read!

"Shame is like a stockpile of stones that weigh us down. It dries us up until we're nothing left but thorns atop the soil. It forbids us from flourishing."

God didn't make us to carry these things and Kayla shares stories of her own struggles and how God helped her to get through them.

This is a great book for young women to read!

I highly recommend it!

I received a free copy if this book in exchange for my honest opinion.

Create With Joy says

Do you struggle with feelings of insecurity and shame that erode your sense of self-confidence and self-worth? In her new book *In Bloom*, Kayla Aimee offers a road map on how to transform your thinking and your life.

Filled with personal stories that will resonate with readers and truths gleaned from the lessons she's learned over the years, this book is filled with take-away after take-away – you'll want to read *In Bloom* with pen and highlighter in hand!

Most importantly, *In Bloom* is a book filled with promise and hope. No matter how many ways and times you've been disenfranchised in life, through God, you can flourish.

This excerpt is part of an original review that is published on my blog. To read my review in its entirety, please visit [Create With Joy](#).

Disclosure: I received a copy of this book from the publisher. The opinions expressed in this review are entirely my own, based on my assessment of this book.

Stephanie Homburg says

Warning: reading this book in public may garner funny looks from strangers.

I read most of Kayla Aimee's new book, *In Bloom*, while on vacation. Because Kayla's writing is funny and her daughter's antics are hysterical, I laughed loudly on a quiet flight and startled the gentleman sitting next to me. Because Kayla's writing is relatable to any woman who's wondered "are these people really my friends? Is everyone just pretending to like me?" I nodded my head and muttered "preach!" on a shuttle bus to Disney World. And finally, because Kayla shares her heart vulnerably, I sniffled and thanked the good Lord I was wearing sunglasses at the pool. This book may best be read when you are free to laugh, cry, and blurt out agreement without an audience.

Now that the disclaimer is out of the way, I can wholeheartedly recommend this book for the woman who wonders how the rest of the world seems to have it all together when she's just barely hanging on. This book is for the woman who has found herself in the shame spiral, basing her identity on the expectations of others. This book is for the woman who desperately needs to hear "me too!" and to be reminded that the God of the Universe did not create us to be anyone but our very own selves. This book was written for me. And if you

are reading this review, it was probably written for you too.

With humor, sincerity, and a fair amount of 90s flashbacks, Kayla tackles insecurity, shame, friendships, social media, the mommy wars, and marriage. Kayla offers hope and healing by pointing readers to Scripture: reminding us that who we are in God matters most, and abiding in Him can change the script for our lives.

The study guide included in the back of the book offers the opportunity to process this book in community, allowing us to shed light on our insecurities and speak truth into the lives of others. I am excited to share this book with my circle of friends and begin digging in together.

Amanda says

First of all, Kayla Aimee is a very gifted storyteller. I knew of Kayla many years ago, as she was a big part of the scrapbooking community. I then followed her blog during her extremely difficult time after her daughter was born as a micro preemie. I've found everything that she writes to be very enjoyable and funny so I was eager to read this book that deals with the subject of insecurity.

Kayla discusses her life and many times where she has felt excluded or rejected and I found myself relating wholeheartedly to most of her experiences. I wish we could have known each other in our Junior High years, as I think we would have bonded over our love for The Babysitter's Club.

I highly enjoyed every moment of this book but did find that it felt much more like a memoir than a book for personal or spiritual growth. There were a few things thrown in that added to the "spiritual" aspect but for the most part, it really seemed mainly like a memoir that helps women realize that they're not alone in their insecurities.

Kayla has a witty and sometimes sarcastic sense of humor, which I enjoyed but by the end of the book, I grew a bit tired of. This is just a matter of personal taste but at times I felt like she was trying a bit too hard to be funny.

Overall, this was a very fun book to read that I thoroughly enjoyed but there wasn't a lot that I took from it.

My Rating: 3 stars

I received this book from the author/publisher to review. All thoughts and opinions are my own.

Faith says

Wow. That's literally what I thought every time I sat down to soak up some more of this book's goodness. While reading this beautiful book, I alternately laughed until I physically hurt and blinked to keep the tears at bay.

I read the author's first book a few years ago, and having followed her blog ever since and falling for her way with words, I jumped at the chance to review her new book. And I'm so glad I did.

With her signature southern charm, Kayla Aimee tackles the tough topics of shame, insecurity, self-doubt, and inadequacy. Instead, she encourages women of all ages to live with purpose, boldness, and unabashed confidence in who they are in Christ.

She doesn't shy from the hard stuff, but rather lays it all bear, open and raw before a world of readers. Throughout the book, she even goes as far as to open up about vulnerable areas in her own life and past—mistakes she made and decisions she now regrets.

One woman's story of embracing life and love in the way God meant it to be is full of twists and turns and heartache. It's real, it's raw, but it's so beautiful.

In Bloom is 200 pages of confidence-building, grace-offering encouragement. I would recommend it to any woman or young lady who's ever felt like she didn't measure up, like she wasn't enough, like she didn't matter. <3

I received a free copy from B&H/Lifeway in exchange for my honest review.

Brandi (Rambles of a SAHM) says

If you are a woman insecurity comes just as naturally as breathing. Even the most seemingly put together woman deals with insecurity. Just when you think you have become a grown up and left junior high and mean girls behind, there they are right next to you.

But did you know that you don't have to live like that? Kayla Aimee helps us take an honest look at the insecurities that plague us. She shares her own humbling but hilarious experiences and allows us to take a peek inside her journey to confidence. She shows you how to flip insecurity on its head and walk in confidence through a trust in the abiding grace of Christ.

I really enjoyed Kayla's first book, Anchored, and I enjoyed this one just as much. Kayla is willing to be vulnerable in order to help others reach a deeper relationship with Christ. I really think young women and mothers will benefit the most from this book but I'm a 50+ woman and I also found the book to be thought provoking. I appreciated the way that she encouraged us to look back at all the awkward and sometimes painful events that fed our insecurities. But instead of wallowing in it she reminds you to acknowledge the ways in which Christ brought you through it and encourages you to see what you learned from it.

This is a quick read that also allows you to interact with it through questions. I think it is a lovely book to read yourself but it would also make a perfect selection for a small group of women to read together.

I received an e-copy of this book to facilitate my review.

Sarah says

Let me first start out by saying that I picked up In Bloom: Trading Restless Insecurity for Abiding Confidence by Kayla Aimee because the premise seems to be one that most women can relate to—

insecurities. You know, the struggle with the girl in the mirror, seemingly glaringly obvious personality defects, and all of those fun ways we've sensed from childhood that we just don't belong with the "it crowd."

Given the insecurity struggle most women face, I was excited to dig into the pages of *In Bloom* because the book promised on its cover to "trade restless anxiety for abiding confidence." The back of the book mentions that it will cover "identifying deep-seated sources of assumed inadequacy, replace our need for approval, and uncover our purpose." Even though I found Kayla Aimee to be entertaining and immediately likable, I just felt like the main aim of the book wasn't delivered.

Most of the book, *In Bloom* is centered around Kayla Aimee's story from childhood up until the present, chronicling her young encounters with "mean girls" and recounting awkward adolescent years when wearing the wrong shoes felt like you were a transplant from Mars. I enjoyed most of the stories, really, I did, but it felt more like a diary converted into a memoir instead of using these stories as illustrations to interweave within the primary mission of the book. You can read more of the review here:

<http://bit.ly/ALookAtInBloom> As a note: I received this book for free from B&H in exchange for an honest review.

Lori Jorgensen says

If you've ever struggled to remove shame, insecurity or not enough from your thoughts then this is the book for you. Kayla shares from her heart on these same struggles and walks through the path to hope and healing with a firm foundation set in God's word telling who you are in Christ!!!

Kristin Bush says

received an ebook copy of this book as part of the launch team. I will say that it is very addictive in reading that I was able to relate to it in some aspects. That's where it ends. The book is very relatable like yes me too, I too encountered this. But it doesn't go beyond the "me too" feeling for me. It takes on experiences after experiences that encourage you to say me too. But it's not quite the best for getting past the feelings of inadequacy that come with the revelation of me too. We get the gist that she has a relationship with God and her husband does too. But we don't get the in-depth of how that relationship helps deal with the inadequacy she has felt throughout the years. I think that is what this book is lacking is the assistance to help readers get past what they feel beyond just saying have a relationship with Christ. More often than not they need practical advice to go with the point to Jesus.

Becca-Rae says

WOW! I had no idea I had a long-lost twin I never knew about! From her short stature (I'm 4'9"), to her fear of escalators (odd I know, but my brain holds the same logic), it's almost as if I've discovered my very own alter-ego. Although not for all the same reasons, I was picked on as a kid as well. As an adult I try to put on a

brave face as if I'm not at all affected by it anymore, but the truth is the scars run deep. During my late teens and early twenties, I had a few friends that really worked with me, speaking scripture and encouragement into my life to battle against the lies Satan had made me believe about myself. Kayla's book was such an encouragement on so many levels because she shared the very pieces of her life that people are afraid to reveal. In the age of social media, people feel an ever-growing need to portray a life of perfection. Unfortunately churches today don't help very much with this either. Instead of people feeling free to come and share their burdens, they are often led to feel guilty for the very pieces of their lives that weigh them down. I have spoken with people who have said that they don't share about their anxieties because the reactions they receive (although from well-intentioned people), only make them feel lower, and it causes them to "beat themselves up over beating themselves up." When you beat yourself up over not being able to "rest in the Lord" and someone tells you that all you need to do is "rest in the Lord," do you see how that can be a problem?

Even if for the simple message of "you are not alone," this book is an amazing comfort for anyone struggling with anxiety, fear, insecurity, and/or feelings of inadequacy (So basically everyone). First, Kayla shares her own struggles so that you can understand that you are not alone. Then she shares the comforting truths from God's Word, and how we can apply those truths to our own lives. She shares both the words that help, along with those that really don't. This book can not only help the person struggling, but also the person trying to help.

I laughed out loud more times than I can count while reading this book. Even while talking about the "tough stuff," Kayla was able to add humor that would make you laugh uncontrollably. Having said that, I also cried a few times. In fact, I cried while reading the introduction. So I guess that's a sign I needed this book! As someone who likes to underline and write notes, I personally recommend the print version of this book for that very reason. I cannot recommend this book enough, especially for women and teen girls today. Please read it! If you don't think you need it for yourself, read it anyways because it will help equip you to be able to encourage others.

*I received a free copy from B&H Publishers and Kayla Aimee in hopes of an honest review. I am not required to write a positive review. Thoughts and opinions expressed are mine alone.

Megan Byrd says

I really loved this book. Kayla was very honest with her struggles with insecurity and finding confidence through her identity in Christ. She tackled a number of areas where women struggle with insecurity: our bodies, our pasts, our gifts, our relationships, and our parenting to name a few. I felt like we could be good friends who bond over Baby Sitters Club books and 90s nostalgia. The book spoke to me personally but I also think it would be a very helpful and encouraging read for teen girls as well. A great book for women to remind them of the freedom and confidence we can have in Christ.

Lisa Hudson says

FREEING!

Whether you're the new girl in school, the awkward girl in braces/thick glasses (or both), all the teenage

angst, the bride trying to impress her husband with her culinary skills and cook his favorite dish “just like his Mother made it,” the new mom who isn’t quite sure she’s ready to be fully responsible for a new baby or someone struggling to “find yourself” - all women have suffered/are suffering/will suffer from the feelings of inadequacy and inferiority. Kayla Aimee’s fantastic new book, *In Bloom: Trading Restless Insecurity for Abiding Confidence* gives an open and very honest look into some of the causes and takes you to the Scriptures to find answers to help women regain their confidence. This book also comes with a Discussion Guide included in the back as a Bonus for Small Groups, Book Clubs, etc.

Early on, Aimee talks about how often other people’s words have reduced us and made us feel invisible, inferior, inadequate or ashamed. Aimee wrote these beautiful words that are like a balm to those who have been wounded by words: “Shame is our captor, and we were never meant to be held captive. We were meant to be captivated.” ... “Our entire covenant is based on redemption. And the Bible holds the blueprint to interrupt our insecurity.”

This book is filled with many deep concepts that will touch your soul. You will want to write them down in a journal. Print them on Post-Its to be reminded all throughout the day & night. Write them in the pages of your Bible.

We are created for such a time as this! Be a “cut through the roof” friend! (Luke 5:17-19) This is YOUR moment!!

I was provided an ARC of this book by the Publisher & NetGalley. The opinions expressed here are entirely my own and without influence.

Rebecca Jo says

I just want to add Kayla Aimee to my list of people that I think I'd be best friends with... which includes Angie Smith, Kelly Ripa & Neil Patrick Harris. What a combo.

I loved Kayla's first book & this one to me was even better. Full of humor & insight into real life & always a point that directs you back to scripture & how God's words can apply to our lives.

I love this even has small group questions included with chapter break up & thinking about using this for my own small group. Totally a book for any lady to pick up just making it through life, dealing with comparisons, struggling on friendships, dealing with day to day issues.
