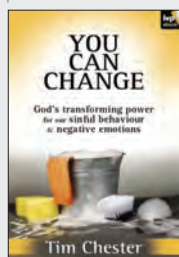


You Can Change

Tim Chester



For anyone who has struggled with sin, battled to change, and found themselves frustrated by their inability to become more Christ-like, this book is an absolute joy. This is a book of stark honesty and with a deeply practical mindset that unpacks God's Word to show us God's transforming power to change our lives.

Many of us know we are redeemed through the gospel and are seeking to live life for Christ, yet our lives are fraught with sinful habits, plateaued growth and continual relapse. In this book, Tim Chester sets about the task of pointing us beyond sin's lies and instead to God's glory. This wonderful book points us to truths we often already know, and shows us how they can motivate us, and practically helps us to live godly lives.

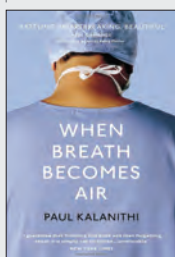
Chester challenges the very root of our sinful behaviour, by showing us the awesome goodness of life with Christ and encouraging us to live out the truth of who we are in Christ. He shows us with gracious honesty that we are not alone in our deep struggles, but that there is a hope and a means of meaningful change. A particular highlight is sections in the book that you can use to reflect upon what you have learnt and take proactive, pragmatic steps to begin the process of change.

I would recommend this book with near-obsessional enthusiasm for anybody who is serious about change and about growing into a person who reflects who Christ is in the way that they live.

Sam Strain is Chair of the CMF National Student Committee and a medical student in Southampton

When Breath Becomes Air

Dr Paul Kalanithi



This truly stirring autobiography holds a delicate balance between power and

vulnerability. Paul Kalanithi was an accomplished neurosurgeon who developed an extremely aggressive form of lung cancer. In his account, we are taken through a journey of milestones prior to his unforeseen diagnosis and right up to his final days.

There are contrasting outlooks that shape his book as he shifts from working doctor to reluctant patient. Through his experience of deterioration and incapacity he confronts some common approaches to patients, particularly those on death's door.

Paul manages to provide meticulous insight into such delicate circumstances as he allows himself to become completely vulnerable. Nevertheless, there is a sense of desperate urgency: he knew that time was running out. His voiced regrets and triumphs continue to unravel the struggles he faced in his career and in his marriage also.

Finally, the book briefly touches on faith amidst fear of the unknown and sensitively highlights how the two can complement each other rather than wreaking havoc like we might expect. His untampered message seems to encourage us not to lose sight of what truly matters. We so often become drowned in soaking up information or seeking the greatest accomplishments; yet ultimately life beyond academia is so much more precious. Although written primarily with his young wife and daughter in mind, this book communicates a heartfelt reminder to all.

Kirsten Bradshaw is a medical student in Aberdeen and NSC Representative for Scotland