



Cut to the Soul

Sarah Louise-Bedford

editor: Rachael Pickering

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John Hindley, an elder at Broadgrace Church in Coltishall, Norfolk, and author of several books, including *Serving without Sinking*.



In her preface, Sarah Louise expresses her hope that this book will be helpful – practically, emotionally, and spiritually. It is!

I do not self-harm, but as a pastor and friend I know those who have and do. I have found *Cut to the Soul* helpful in my own faith, but also in giving me insight and real help in walking with those who self-harm. By providing honest and straight-forward insights into her own journey, coupled with a feast of wisdom, truth and care from the Bible, Sarah Louise has equipped me to better serve others.

She has also given me a book I will give and commend without hesitation to those who are self-harming or who are trying to navigate this confusing, hidden, and dark world with those who are. This is not only because of the deep and accessible content of the book, but also because of its tone. This book is kind. Written by a kind author, she reflects the kindness of Jesus Christ. Such gentle kindness will make this book a source of healing and hope to Christians who are self-harming and, wonderfully, to those of other faiths or none. Here is an offer of hope, peace, and wholeness. If you are reading this short review, please read this book! ▀

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