

# DayOne

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*Biblical help and practical guidance to people in difficulties resulting from life in a fallen world*

# HELP!

**I wholeheartedly recommend this series of booklets by Day One!**

- They explain the very real problems that people face in life from a solidly biblical perspective.
- They describe these problems experientially by using true stories and illustrations.
- They present the biblical solution to these problems, making it clear how God wants to solve them by changing the hearts of the people involved. These booklets accomplish this through Word-based, Gospel-driven applications to life and by encouraging people to make the changes that will enable them to walk in faith and obedience to Christ.
- I will certainly use these booklets as homework for my counselees and will recommend them to my students.

**Wayne Mack, Professor of Biblical Counseling at Grace School of Ministry, South Africa, Member of the Academy in NANC, author of many books on Biblical Counseling and Christian life issues, [www.noutheticmedia.com](http://www.noutheticmedia.com)**



Living in a Fallen World is a new series of booklets published by Day One Publications. I have been looking forward to seeing this series and was glad to have the first 8 show up in the mail today. The publisher says they are “small booklets that provide biblical help and practical guidance to people who find themselves in difficulties because of living in a fallen world.” And that about sums it up. Each one is printed in a small format and weighs in at just about 64 pages. They are priced to be bought and sold in bulk—\$3.50 each at retail pricing. They are exactly the kind of books you’d want to have available to you at church—short, biblical and inexpensive enough to give away.

**Tim Challies, Blogger**



RELEASED OCTOBER 2010

*HELP! Someone I love has been abused, Jim Newheiser*  
ISBN 978-1-84625-222-8

*HELP! I have breast cancer, Brenda Fields*  
ISBN 978-1-84625-216-7

*HELP! He's struggling with pornography, Brian Croft*  
ISBN 978-1-84625-218-1

*HELP! My baby has died, Reggie Weems*  
ISBN 978-1-84625-215-0

*HELP! My marriage has grown cold, Rick Thomas*  
ISBN 978-1-84625-219-8

*HELP! My spouse has been unfaithful, Mike Summers*  
ISBN 978-1-84625-220-4

*HELP! My toddler rules the house, Paul & Karen Tautges*  
ISBN 978-1-84625-221-1

*HELP! Someone I love has cancer, Deborah Howard*  
ISBN 978-1-84625-217-4

RELEASED APRIL 2011

*HELP! I Can't Get Motivated, Adam Embry, ISBN 978-1-84625-248-8*

*HELP! I'm a Single Mom, Carol Trahan, ISBN 978-1-84625-244-0*

*HELP! I'm a Slave to Food, Shannon McCoy, , ISBN 978-1-84625-242-6*

*HELP! I'm Confused about Dating, Joel James, ISBN 978-1-84625-247-1*

*HELP! I'm Drowning in Debt, John Temple, ISBN 978-1-84625-249-5*

*HELP! My Teen Is Gay, Ben Marshall, ISBN 978-1-84625-243-3*

*HELP! My Teen Is Rebellious, Dave & Judi Coats, ISBN 978-1-84625-245-7*

*HELP! She's Struggling with Pornography, Rachel Coyle, ISBN 978-1-84625-246-4*

RELEASING EARLY IN 2012

HELP! I Am Depressed	Trahan, Carol	978-1-84625-318-8
HELP! I'm Living with Terminal Illness	Weems, Reggie	978-1-84625-319-5
HELP! I Feel Ashamed	Nicewander, Sue	978-1-84625-320-1
HELP! I Can't Submit to My Husband	Hotton, Glenda	978-1-84625-321-8
HELP! I Want to Change	Newheiser, Jim	978-1-84625-322-5
HELP! Someone I Love has Alzheimer's	Howard, Deborah	978-1-84625-323-2
HELP! I Can't Handle All these Trials	James, Joel	978-1-84625-324-9
HELP! I Can't Forgive	Newcomer, Jim	978-1-84625-325-6

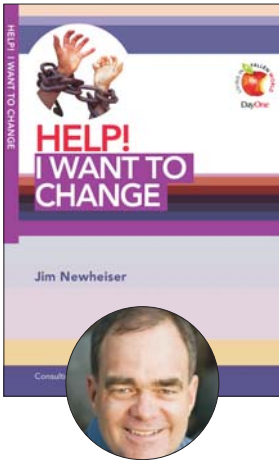
FEATURES AND BENEFITS

- Unique 'Living in a fallen world' series from Day One
- Biblically sound and pastorally compassionate
- Personal application projects make each booklet useful for counseling situations
- Price-pointed for great value
- Pocket-size (6x4 inch) format
- Point of sale display merchandiser unit available
- Consulting editor: Dr. Paul Tautges

TARGET READERSHIP

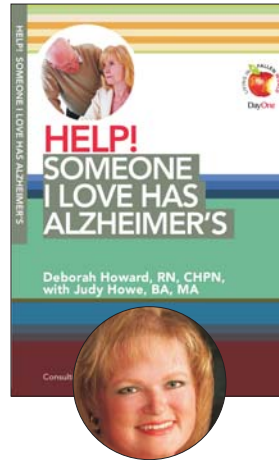
- People facing the particular issue under consideration
- People involved in counseling Friends and family of people affected by the particular issue
- Pastors and church ministry teams
- Small-group leaders

**\$3.50**  
**£2.00**  
**EACH**



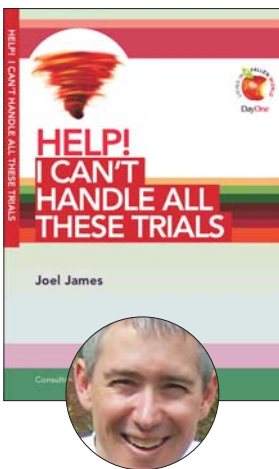
Jim Newheiser: MA, DMin, Westminster Theological Seminary. Jim has been practicing biblical counseling for over 20 years is a NANC Fellow and has served as the director of IBCD since 2006.

Help! I want to change  
Jim Newheiser  
978-1-84625-322-5  
“Why can’t I change?” Have you ever asked this? Maybe you want more discipline in your eating habits. Or perhaps you struggle to keep your spending under control or maintain daily Bible reading and prayer. Change is hard, and our attempts often result in failure. This booklet explains that it is the gospel—what God has done for us—that is the key to change and that empowers us to make changes that will please God.



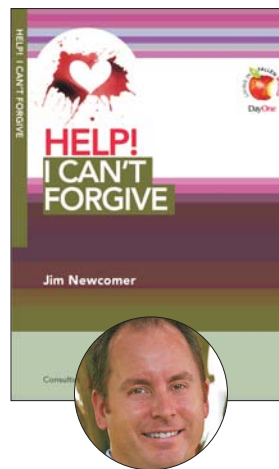
Deborah Howard, a Certified Hospice and Palliative Nurse, views writing and speaking as a ministry to encourage the fainthearted and comfort the hurting. Her previous books include, *Sunsets: Reflections for Life's Final Journey, It's Not Fair! (with Wayne Mack) & Where is God in All of This?*

Help! Someone I love has Alzheimer's  
Deborah Howard  
978-1-84625-323-2  
A diagnosis of Alzheimer's disease for someone we love can fill us with fear. Alzheimer's robs people of their lives and dignity, and leaves grief and agony in its wake. How can we honor God when faced with this? This booklet will help you understand Alzheimer's, learn about its practical implications, and, by meditating upon God's Word, submit to God's perfect will and find peace and joy along the journey.



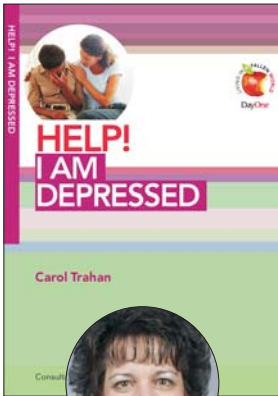
Joel James has an M.Div. and a D.Min. from The Master's Seminary and is the pastor-teacher of Grace Fellowship in Pretoria, South Africa. He and his wife, Ruth, have been married since 1993 and have two children.

Help! I can't handle all these trials  
Joel James  
978-1-84625-324-9  
Who is in control?  
Why did this happen?  
What is God doing?  
Everyone asks questions like that when they face intense or prolonged trials. The place to find answers is the Bible. In this booklet, you'll find the answers God gave Job in the book of Job. They will be just what you need to handle your trials with faith, peace, and hope, rather than doubt, confusion, and despair.



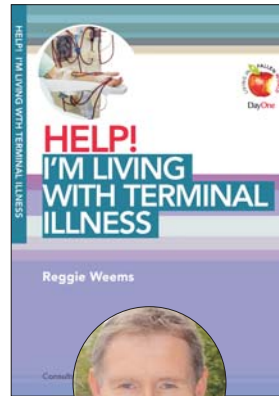
Dr. Jim Newcomer (Biblical Counseling Professor, Central Baptist Theological Seminary of Virginia Beach) has enjoyed almost twenty years of pastoral ministry. He also teaches counseling in several undergraduate and graduate institutions.

Help! I can't forgive  
Jim Newcomer  
978-1-84625-325-6  
What is one of the most common refrains heard in homes, relationships, churches, and even our culture at large? “I can't forgive!” The struggle to forgive someone who has wronged us is universal. What is the answer? A fresh look at the gospel! Join the author as he takes you through a five-stop journey toward biblical forgiveness.



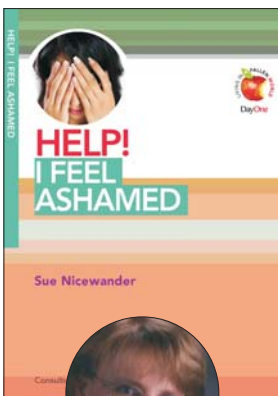
Carol Trahan (BS, MA) has been a widow and single mother since 1994. She currently serves on the faculty of Harvest Ministries located on the island of Guam and is a frequent speaker at ladies' conferences.

Help! I am depressed  
 Carol Trahan  
 978-1-84625-318-8  
 Troubling thoughts flood my mind. I lie in bed alone, beseeching God on behalf of my three children. The tears come as I wonder why the Lord seems so far away and why prayers remain unanswered. Life seems so unfair. Why is it so hard? In the "depths of despair" I know I have a choice to make. Am I going to allow these feelings to destroy me?



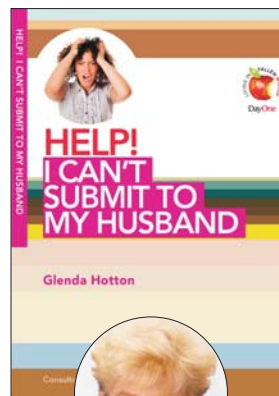
Reggie is the pastor of Heritage Baptist Church, Johnson City, TN. He has three Master's degrees from Liberty University and is presently enrolled in a D.Min. and Ph.D. degree program. He and his wife, Teana, have three children and five grandchildren.

Help! I'm living with terminal illness  
 Reggie Weems  
 978-1-84625-319-5  
 We don't find it easy to face death, and the diagnosis of a terminal illness can be devastating. Yet every life has an expiration date. Written with a pastor's heart for those suffering with a terminal diagnosis and for their family and friends, this booklet conveys practical advice, spiritual consolation, and, most importantly, an eternal hope which the dying process cannot diminish and death cannot extinguish.



Sue Nicewander, MABC, is a NANC-certified counselor. Sue also serves as executive director of Biblical Counseling Ministries (BCM) in Wisconsin Rapids, Wisconsin, where she offers biblical counseling by pastoral referral and discipleship development training for local churches.

Help! I feel ashamed  
 Sue Nicewander  
 978-1-84625-320-1  
 Do feelings of shame baffle you or hold you hostage? Shame can overwhelm us, leading to confusion, fear, and desperate behavior. This booklet uses case studies and practical examples to examine the true causes of shame and present hope through Jesus Christ, the Savior who loves you and can restore you, regardless of your past. Learn to answer shame his way and find victory.



Glenda is a counselor, a professor of Women's Issues, and a speaker for women's groups. Her testimony is an example of God's sovereign grace to mend, fill, and use broken vessels for His glory. Glenda@glendahotton.com, www.glendahotton.com

Help! I can't submit to my husband  
 Glenda Hotton  
 978-1-84625-321-8  
 The world's idea of a submissive wife is humorous at best. Yet God's idea is to give her the freedom to be the special person she was created to be. This booklet looks at God's idea of submission, defines what it does and does not mean, considers its implications in marriage, dispels lies, and ends with practical helps for application.

