

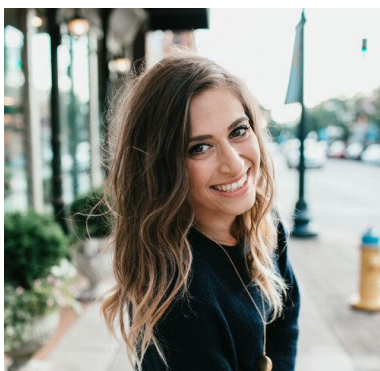
## **Are you tired of the unrelenting pressure to be the best at everything? Author and speaker Scarlet Hiltibidal was too.**

For Scarlet, attempting to be the best at pretty much everything—whether that be the best wife or the best sub-sandwich maker or the best Christian—was her life story. But in the midst of all her striving and reaching to hit the mark, she somehow still couldn’t grab hold of the joy and freedom and life-change that’s supposed to come with the gospel’s good news. That is, until she realized something revolutionary—instead of the best, she might actually be...the worst. The “chief of sinners.” Poor in spirit and gone astray.

In her much-anticipated follow-up to *Afraid of All the Things* (and in her humorous and relatable style), Scarlet tells plenty of stories of her own “worstness” to help you see your own and rejoice in the reality that our goodness and badness aren’t what make God smile at us.

Instead of hiding from our brokenness, this book will help us stare that broken reality straight in the face, along with a laugh or two, as we feel the weight of just how absurdly and glaringly off the mark we all are! What’s more—this book will also help us embrace our status as “sinners” and “sheep” and “worst people on earth” who have been mercifully rescued and impossibly loved by the best person who has ever lived: Jesus. And the unbelievable part? As we admit our worstness, stop trying to be perfect on our own, and simply walk with the One who really is perfect, we’ll find along the way that we are actually changing for the better!

If you’re tired of hustling to be the best, take a load off with Scarlet and say the honest and laughable truth along with her: we’re the worst people in the world!



### **About Scarlet**

**Scarlet Hiltibidal** is the author of *Afraid of All the Things* and *He Numbered the Pores on My Face*. She writes regularly for ParentLife Magazine and She Reads Truth, and enjoys speaking to women around the country about the freedom and rest available in Jesus. Scarlet has a degree in biblical counseling and taught elementary school before she started writing. She and her husband live in Southern California, where she loves signing with her three daughters, eating nachos by herself, writing for her friends, and studying stand-up comedy with a passion that should be reserved for more important pursuits.

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**Publicity requests:** Please direct media requests for Scarlet to Jenaye Merida, [Jenaye.merida@lifeway.com](mailto:Jenaye.merida@lifeway.com), who can provide high-resolution images and other publicity assets and discuss interview availability and content ideas.

## Sample interview questions

What inspired you to write this book?

Who did you write it for?

Do you think readers/women are facing an unprecedented amount of pressure to be the best at everything? Why do you think that's the case? Where do those messages come from?

When you talk to women about this topic, what common struggles do you hear come up the most?

You talk about how “being the worst” really just means leaning into Jesus’ teaching of being “poor in spirit”-- how have you seen this teaching transform your outlook on the world? On your expectations for yourself and your kids/family, your husband, your life?

Most people don't want to hear they're the worst--but you say that is the most freeing thing to hear. Why is this message so freeing?

What do you hope readers will learn from it?