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Freefall To Fly: A Breathtaking Journey Toward A Life Of Meaning



Synopsis

Women today are fading. In a female culture built on Photoshopped perfection and Pinterest fantasies, weâ™ve lost the ability to dream our own big dreams. So busy trying to do it all and have it all, weâ™ve missed the life we were really designed for. And we are paying the price. The rise of loneliness, depression, and anxiety among the female population in Western cultures is at an all-time high. Overall, women are two and a half times more likely to take antidepressants than men. What is it about our culture, the expectations, and our way of life that is breaking women down in unprecedented ways? In this vulnerable memoir of transformation, Rebekah Lyons shares her journey from Atlanta, Georgia, to the heart of Manhattan, where she found herself blindsided by crippling depression and anxiety. Overwhelmed by the pressure to be domestically efficient, professionally astute, and physically attractive, Rebekah finally realized that freedom can come only by facing our greatest fears and fully surrendering to Godâ™s call on our lives. This book is an invitation for all women to take that first step toward freedom. For it is only when we free-fall that we can truly fly.

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Customer Reviews

The author narrates triumphs and troubles, freckled with Bible quotes, as she reaches for self-understanding. She opens with a dramatic move from an Atlanta suburb to manic Manhattan, symbolized by her elder sonâ™s meltdown smack in the middle of Park Avenue. Anecdotes disclose her panic attacks, her lifelong connection to words, and her salvific Tuesday-morning

meetings with women who insist that she tell the truth about her worst fears. (Publishers Weekly)

The Dark Night of the Soul in the City That Never Sleeps At first glance, Rebekah Lyons's life path seemed straightforward: walk the aisle, take the short road to motherhood, and build a family on a suburban cul-de-sac in the South. But life looked radically different when her family relocated to the heart of New York City. She was forced to navigate a new normal with three kids, two toy poodles, and a minivan. Blindsided by crippling despair, Rebekah wrestled with bigger questions women often ask: Why am I here? Does my life matter? In a Western culture driven by performance and Pinterest fantasies, her story echoes the rise of loneliness, depression, and anxiety that women are facing at all-time highs. Why are expectations and lifestyles breaking us down in unprecedented ways? In this beautifully moving memoir of vulnerability, courage, and ultimately transformation, Rebekah shares her journey into the unknown—a thrilling, terrifying freefall that eventually led to flight. Searching for meaning, she stumbled on surrender, discovering that meaning follows surrender. Rebekah found freedom when she faced her greatest fear, and she invites other women to do the same. For it is only when we freefall that we can truly fly.

There are some good thoughts in this book and for 30-something Christian stay-at-home moms with school age children starting to think about next steps in their individual lives and/or women struggling with depression, it will be helpful. Much of this book reminded me of Sue Monk Kidd's "When the Heart Waits," which was a story of a major transitional period of her life when she learned to let go of the exceedingly high expectations she had set for herself to be the perfect Christian wife/mother/volunteer/part-time worker in a Southern suburb. Both of these author's books are good guides to navigating a period of emotional turmoil. I do have two reservations about this book. First, it really is for women who have significant means and connections and lots of access to back-up child care and homemaking support and/or a spouse with a very flexible job. I was struck by how much of the book finds the author traveling, working out, drinking coffee, at her book group, on retreat, etc. Second, there's a funny underlying message that comes out of the book, which is that personal achievement (successfully "using your gifts") will bring us fulfillment. If we're not careful, that can just be another layer of busy-ness rather than the surrender to God that the author positions it as. Over time, some women may find that just as tiring as the busy-ness of raising a family.

Waiting to board my airplane destined for JFK airport in New York City, where I would connect with

another flight to my final destination, I opened Rebekah Lyons' "Freefall to Fly". Immediately God's Anointing descended upon me as I read the inside cover flap titled "Surrender". Truly, surrender has again found me out and "chosen" me with a vengeance, nipping at my heels as my pain, weariness and longing for wholeness consume me. Just the day before, ahead of an April 1st snowstorm that wreaked havoc with my flight plans, driving home from my 12 hour overnight work shift, I found myself awed by "The crack of sunrise...pink and orange...that colors the sky...God whispering...Let me show you a life you never dreamed of or imagined...", just as the cover flap prophesies! As I read during the flight about meaningful friendships (which I have largely traded over the years for a solitary spiritual quest), free falling, wonder, fulfillment, celebration, struggle, grieving and striving, I again cherish and treasure Rebekah's Anointed, loving, guiding, redemptive and kindred spirit that I know from her second precious book "You Are Free". Rolling into the gate at JFK, with Rebekah's description of the forward NYC public pool security guard and the truism that "New York City's rules always win" fresh in my mind, I catch a glimpse of the NYC skyline to the west and pay a heartfelt tribute to the Lyons family's time and Grace there. Along with the tons of comfort, encouragement, inspiration and fellowship in "Freefall to Fly", I find Rebekah's wit, humor, goodwill, grace and ministration to be fully developed, as I suspect they have always been! In conclusion, I'm constrained to declare "Praise ye the Lord. I will praise the Lord with my whole heart, in the assembly of the upright, and in the congregation." (Psalm 111:1). Amen!!!!

What I love about this book, is that I feel like I'm sitting across the table from a dear friend and I just want to hear more and more! She tells her story. The kind that leaves a lump in your throat and your palms sweaty. But as we see the Lord give her rescue, freedom to abandon a life that she meticulously crafted, we experience darkness turning to light. A time of new perspective and even hope! This isn't a self-help book or a guide to a great life. It's what it means to be on a journey of renewal even in the midst of chaos. To actually take the step of faith to say - Lord! You've got this. Thanks be to God!

As a woman who started having seemingly random panic attacks shortly after turning 30 I hugely relate to the experiences that Rebekah Lyons describes in her book. I am so thankful to have this book available as I feel that anxiety and depression are still taboo subjects throughout Christianity. This needs to change, especially give the statistical information in this book. Rebekah is not a mental health expert; nor do I believe that she comes across as someone who is entitled and wealthy and because of her connections was able to find meaning and purpose in her life. Anyone

who has experienced mental health issues knows that it is no respecter of persons. It affects old, young, poor, rich, and all the in-betweens. Rebekah's story is a lovely and moving memoir of her personal, first-hand experience with an aspect of mental illness and how God used that time of her life to adjust her thinking and her attitude to point her in the right direction. Beautifully written and very much needed!

Rebekah puts words to a life of searching for meaning that so many women struggle to articulate. Her book makes women feel less alone and able to hope for true change. It brings a surge of possibility to God's true calling through pain and brings awareness to a struggle that too many women face alone. Beautifully poured out for purpose and helping those lost to see a glimmer of a larger light that is possible in their lives.

I picked this book up for a friend who has struggled with anxiety and decided I would read it afterwards, some time in the summer. I decided to skim through it and couldn't put it down. Rebekah writes beautifully as she tells her story and almost every woman will likely find themselves relating to her at one point or another. If you've ever walked through anxiety, panic attacks, depression, or been close to someone who has, this is really eye opening. I particularly love how she recounts God's fingerprints in all of it and how He gently and lovingly leads us to green pastures even when we walk through the darkest valleys. In the end, she asks the question, "Can we really have it all?" Her answer is given from the most beautifully unconventional and wildly true angle that encourages women to pursue God's guidance rather than the world around them.

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