



THE TOTAL BEAUTY

The Total Makeover Company, LLC



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- Hope Taylor
- Kenya Johnson

Happy Thanksgiving !

This time of year is very special to me. This is the time of year to be thankful for all that the Lord has done and spend time with family. It is all about seeing family members that you do not see on the day to day. Having the opportunity to spend time with them catching up on events and reflecting on the good of past time spent.

Sharing times with family is very important. It is the support of family members and those who love you that will help you through the rough times. I know my family has always been there when I needed them and for that alone I am thankful.

During this season of thanksgiving take time to remember those family members you don't get to see much and let them know you care.

Have a Happy Thanksgiving!

Kenya Johnson, M.P.S.C.

Covenant Friendship

By: Hope Taylor

In today's modern society the word "covenant" is rarely used. It seems as though the word Friendship is haphazardly thrown around without understanding its full meaning, but covenant friendship is much different from a person we may associate with. Friendship is not where one person is doing all the taking or doing all the giving. Covenant Friendship is where two people impart into each other's life. Keith Intrader, the author of Covenant Relationships further describes this type of friendship, "The biblical meaning of the word "friend" is much deeper than our modern usage. We should replace the word "friend" in our minds with the word "covenant friend" or "covenant companion" or "faithful partner" (pg. 43-44). This type of friendship is where we help one another to be not what we think they should be but who God made them to be. This requires sensitivity to the Holy Spirit regarding the person you are in Covenant friendship with. Although communication is very important in any kind of relationship, we may have to do less talking and more praying for the other person to see beyond what is there in the natural. Therefore, it is not good to assume that we know things that we have not inquired about. Let's look at Jonathan and David. God connected them together and Jonathan was able to see in the spirit what David would become and gave up his kingly robe to David. We need to allow God to connect us to the people he has predestined us to be in covenant with because there are deposits and withdrawals that are being made. Matthew 7:6 states, "...nor cast your pearls before swine, lest they trample them under their feet..." This is a warning because not everyone will receive from us nor give anything that is of worth to us. That is why we cannot realistically have fifty friends. Of course, I am exaggerating this number, but you get the point. Covenant friendship takes time to build. True friendship is valuable.

Toxic Relationships

By: Kenya Johnson

Characteristics of a Toxic Relationship - #2

When you find yourself constantly depressed

No one likes to be depressed. Especially when you are in a relationship that should bring you joy and happiness. Good relationships bring hope and optimism. It should put a smile on your face and a pep in your step. When you find yourself depressed at the mere thought or mention of him/her, this is not a healthy relationship. Every good relationship should enhance your personal growth. Being depressed all the time is a hindrance to your personal growth.

Think about it, if you are depressed you find yourself not wanting to do anything or go anywhere. Depression brings about many health concerns such as:

- Fatigue or lack of energy
- Not sleeping enough or sleeping too much
- Aches and pain
- Headaches
- Back Pain
- Digestive Problems
- Dizziness

This does not include a whole list of emotional problems. If you find yourself depressed in a relationship with anyone, the best thing is to sever that relationship and get back on your feet. Again, having a support system is important especially in this type of relationship. It is the love and care from your support system that will get you through a difficult break up process.



“Good relationships bring hope and optimism. It should put a smile on your face and a pep in your step.”

NOVEMBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Group Session	7	8	9	10	11
12	13 Group Session	14	15	16	17	18
19	20 Group Session	21	22	23 Thanks giving!	24	25
26	27 Group Session	28	29	30		



Schedule of Events

- 11/6—Group Session @6pm
- 11/13—Group Session @ 6pm
- 11/20—Group Session @ 6pm
- 11/23—Thanksgiving Day
- 11/27—Group Session @ 6pm

Building Your Self-Image Spiritually

Lesson #4

You were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

1 Corinthians 6:11 NIV

In the Message Bible is says:

You've been cleaned up and given a fresh start by Jesus, our Master, our Messiah, and by our God present in us, the spirit.

In lesson #3 we talked about being destined for great things despite our past. It states above that we have been cleaned up. When we asked God to forgive us He cleaned us up and gave us a fresh start. Now that does not mean we will never be faced with the past (I will deal with that in a series of lessons about dealing with the past), but what it does mean is that God is not concerned with what happened in the past because He is ready for us to fulfill destiny. He has thrown out the past and gave us a fresh start to fulfill destiny.

You have a fresh start with Jesus now start fulfilling destiny. You can do it. I have faith in you!

THE TOTAL MAKEOVER
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"Restoring Beauty from the Inside
Out"



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My Confession

I am fearfully and wonderfully made. God made me in His own image. I will not believe the things that friends, family members, employers, my spouse or the world tell me I am. I will not listen to the distorted views of the world's idea of a healthy self-image. I will not give in to the things that they say. I will look into the mirror and love what I see. I see a woman of God full of power and authority. Devil I serve you notice. You will no longer make me think that I am less than beautiful. In the name of Jesus I bind and rebuke every hindrance, obstruction and blockage that will not allow me to see myself in God's eyes. From this day forward I will see

my self in the image of God. AMEN

Self-Esteem/Self-Image?

Many women on a daily basis deal with low self-esteem. These are women that you know and see every day. On the outside they look like they have it all together, but on the inside they are dealing with issues they wish they could change. How do I know this? I was one of them.

No one ever knew how I felt on the inside or how I struggled with my self-esteem/self-image. That is why I have dedicated myself and time to helping women, just like me and you, to build their self-esteem. My practice, The Total Makeover, is designed to help you restore your beauty from the inside out. Through group and individual sessions you will learn to how to build your self-esteem and receive all the support you need.

Why don't you take the first step and respond to this email. You will be glad you did!

Have an awesome day!

Kenya J. Johnson

Master Personal Growth Coach

<http://www.thetotalmakeover.com>

P.S. I am waiting to hear from you!