



Total Beauty

The Total Makeover Company, LLC

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One Year Already!

It is hard to believe that it has been one year since the Total Beauty began and over a year since the Total Makeover began. I am so happy to share this moment with all of you. Being able to share each triumph and failure with people who truly understand that life is full of surprises. The main thing we need to understand is that when we are faced with difficult things in life God is always there to help us pick up the pieces.

I am excited to share this issue with you because it is our anniversary issue. I would like to thank all those that have participated in past issues and my faithful contributors. You guys have made this year the best.

Have an awesome day!

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If you have a questions regarding **The Total Makeover**, please feel free to send an email to: info@thetotalmakeover.com

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DOES GOD CARE ABOUT PRIORITIZING?

By: Hope Taylor



Have you ever thought that the practical things in your life were too non-spiritual, that time management and organization seem too small for a big God to care about? The reality is everything about our lives is important to God. Why? Because God made us and knew everything about us, and the people we would meet, the relationships we would have, and the day to day tasks we would be dealing with. God is not a God of disorder we can look at his creation to see this. Think about it, before God made fish he divided the waters for the fish to live in. God also created time and seasons in which there is a consistent cycle of seedtime and harvest.

Everyone has different priorities that require various time management systems. Of course, we need to seek God to find out what his plans are for us and then receive his grace (divine enablement) and wisdom to walk it out. We need God's wisdom and grace in our marriage, with our children, in our friendships, at our jobs, and in serving in ministry. Whether we are balancing our checkbook or writing a major novel we need God to help prioritize our life. This brings us to another point. We have to know when to say no, and when to say yes. This means we may have to say "no" to certain activities that may not be God's best for us in order to say "yes" to the right things. Matthew 5:37 says, "But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one." (NKJV)

Now that we know God cares about prioritizing we can depend on him to guide us in prioritizing our lives.

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Counterfeit Brothers—Part One

By : Brian Johnson

Counterfeit according to Webster means: *copied or made in imitation and pretending to be genuine*. This month I want to speak about counterfeit brothers. This is part one of a three part article. I want to in this article give an overview of what will be talked about in more detail in the future articles. I will be speaking from a Christian point of view, however, the principles can still be applied regardless if you are a Christian or not. I want to first piggy back off of last month's article of my sisters learning to love you and not allow yourself to be defined by a man. The definition of who you are has already been defined by God. Take a moment and say with me, "I will not be redefined". I have seen many of my Christian sisters hurt, broken, used, abused, and taken advantage of by a counterfeit brother. I use the phrase counterfeit brother to describe any brother who is not sent by God in His appointed time for your life to befriend you, which leads to a covenant relationship, which then leads to "whom God has joined together, let no man put asunder". Let me first kill a very common myth, there is no love at first sight, however, there can be lust at first sight. When one feels that anxious feeling and rushes into intimate feelings with a person, having only knowing the person for a short time, usually is lust.

On the flip side true love is never rushed or anxious. True love is patient and kind and will never ask you to do anything outside of God's will for your life, for God is love and love is God. When I say lust I am not just talking about from a sexual viewpoint. For most women when they fall quickly for a man sex is not the reason, however, for a man that is a counterfeit brother most often sex is the reason. You must be careful to recognize when he comes because if you are not discerning and only yearning he will appear and you will fall victim. I say this because most women have an idea or picture of the type of man they would like to marry. They make it a matter of prayer and not only does God hear you, but the devil also hears. Most women want what they feel they need in a man and will reject any man that may be genuine, but does not meet what they have prayed for. Then out of the blue comes the brother who appears to be an answer to prayer (has the looks, says what you want to hear, and does what you want him to do) all in the name of God, then once the relationship intensifies then he turns into the devil himself, leaving the women often broken, hurt, scarred and confused wondering what happen to the Jesus in him. Understand the devil hears your prayers, but know that God has an appointed time for that part of your life, and it is vital that you wait for the one God is preparing to love you like Christ loves the Church.

Next month I will discuss the types of counterfeit brothers and their characteristics. Until next month my sisters remember to never settle for less only for God's best for you and that includes a man. Do not allow the devil to make you feel that you can't be loved purely and unconditionally. You are God's daughter and he won't give you a way to man who can't love you like He loves you.

Self-Esteem

Eight steps to positive change

#3 Make Decisions

We know that change is hard because of the unknown. By admitting that you need to make changes in your life is the first step. Make a list of things you would like to change about yourself. Then start with the smallest things and work your way up. Make the decision to change and move forward. Find a friend that you can trust to help you with the process. If you do not have a friend that you can trust then hire a life coach and you will be amazed at the outcome.

5 Ways to change how you feel about you...

By : Kenya Johnson

#2 Change Your Belief

Who decides how attractive you are? The answer is, of course YOU DO. Start seeing yourself as gorgeous, attractive, handsome and magnetic, and that's how you'll be perceived and treated. I am a firm believer that the way you feel about yourself will show in your appearance and attitude.

Have you ever seen a person that was withdrawn, shy, timid and not so sure of themselves. Usually those are signs of people that have low self-esteem. And yes it shows in their appearance.

Remember you have the power to change how you feel and even how you look to yourself and others. Others will reflect back your strongest beliefs about your appearance. Choose what that is to be.

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