



Total Beauty

The Total Makeover Company, LLC

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- ☺ Brian Johnson
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Spring is Here!

Yes, spring is here and the Total Makeover is reaching new heights. I have been given the opportunity to host a weekly radio show on voiceamerica.com. This will put The Total Makeover on the map while providing women with the answer to their questions and resources needed to live successful lives.

I am asking for your help in getting this project off the ground. If you own a business or have a ministry you may want to sponsor a show. This will give you the opportunity to get some exposure on a wider scale. Voiceamerica.com is all over the United States and outside of the US. If this is something you would be interested in send me an email (kjohnson@thetotalmakeover.com) with "Sponsorship" in the subject area to receive more information.

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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And They Shall Become One Flesh

By: Hope Taylor



In Genesis we see where God made the male and female and joined them together in Marriage. The word "they" represent two distinct people becoming one. Therefore, Marriage is about two whole people becoming one whole person. It is two distinct personalities blending together. As a Wife your personality and the gifts God has given you was purposely planned out before the foundation of the earth and God knew that the husband you would marry would need your character and style to help him be all that God wanted him to be.



Adam and Eve did not stop being who God made them to be when they became one. Although our various interests can change over time, our distinct purpose for being who we are never changes. Now in order to know who we are we must go to our maker and find out from him. God is the great architect who designed and sculpted our thinking, and creativity, our likes and dislikes. Let us grow into being all that God wants us to be as a whole person.



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Counterfeit Brothers—Part Two

By : Brian Johnson

Last month's article was the first of three on the subject of counterfeit brothers. We gave an overview of what a counterfeit brother was. This month's article will begin to speak about specific kinds of counterfeit brothers.

There is one common counterfeit brother that a lot of Christian women have encountered and that is the "Saved Brother" (or the "Great Deception"). I call him the saved brother because he talks the talk and looks the part of what every Christian women want in a Christian man, however, when bishop stops preaching, the choir stops singing, the shouting is over and the benediction is said, there's a ghost or spirit that comes over him (not Holy) that causes his body to do things and get you to do things that are not according to scripture. Many times women have prayed to God for the specific man they desire to be with, however, not only does God hear your prayer, but so does the devil. That is why the Bible says to watch and pray. Many women just pray and don't really watch. We'll discuss more about the watch part a little later. Back to this "Saved Brother", in the beginning, when you meet it seems like a prayer answered. He says all the right words, makes all of the right moves and his outward appearance is on point. You feel like its okay to let your guard down and allow feelings for this guy to form. As time goes on he tells you that you are the woman that He has prayed to God for and drops the L-bomb on you. He says a lot of religious stuff that seem like he is a man deep in the Word and God's right hand man next to Jesus. You tell all of your friends about him wanting them to envy you. You think you have found the perfect man, no one can compare. You stop watching, hearing, and only rely on what you are feeling, telling your girls, momma, Big Momma, this is true love. He pops the question and you say yes. Tears flow which appears to be tears of joy, but we will talk about that more in a minute. You select your girls, he gets his guys, you get the church and say your "I do's", and "until death we die". You kiss; board the plane on your way to your honeymoon, you thought you were headed for a lifetime in paradise, but then came the "Saved Brother typhoon". It seemed like a prayer answered, but now is a nightmare revealed. What once were tears of joy now are tears of pain. He has isolated you from the ones who loved you truly, and then comes verbal abuse, and sometimes physical abuse. You went from his princess to his peasant. All the right words are now spoken with spite and control. You feel like that child on punishment looking out the window wanting to go outside, but know you can't get out. He stops going to church like he used to and talks down to you when you go. You gain weight, take on ailments and your once holy land, Hollywood look now looks like the back woods ghetto/gutter look.

How many times have you seen these chains of events with Christian women and with women in general? He doesn't have to be in the church he could be the corporate king turned the corporate demon. "Saved Brother" is often the hardest counterfeit brother to spot, but know there are always signs and warnings. You must watch what you pray for, that it is not according to how you feel but according to what God's will is for your life. When you see your family and friends not respond to this kind of brother, don't take it as they just don't want you to be happy. Also when you hear and see the religious clichés and gestures don't just take it at face value that he is on point with God. Most important, when you feel that check in the spirit and you see that one thing that makes you question his character and integrity don't dismiss it as fear of relationships or that you need to settle because this is the best that you can do. Let the Holy Spirit and God's Word lead you in receiving the love and the man God would have for you. When it's time and when it's right it won't be rushed, or religious, it will be righteous and on point with what God has best for you. Stay encouraged my sisters; I look forward to next month and remember you don't need a man to define you because God already has.

Self-Esteem

Eight steps to positive change

#4 Be honest with yourself and others

Sometimes making a positive change is as easy as being honest with yourself. When you can step back and take a good look at your situation and what got you here in the first place, you can begin to change what happens next. When you stop trying to deceive others in how you feel and seek help you will be well on your way to positive change.

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

#3 Affirm Your Attractiveness/Change Your Confession

Look back at your body image weak points. Let's work out how we can turn these negative beliefs around. Take your most harmful thought and turn this on its head. Create a positive affirmation.

For example, if you want to build your overall body confidence your affirmation might be "I love my body, I am confident and attractive." Choose what works for you. Write it down. Repeat your affirmation on a regular basis.

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