

Generations Deep By Gina Birkemeier, LPC Nominated For Illumination Book Awards In Self-Help Category

Book Is Based Upon Concept That Our Stories Begin Before We Take Our First Breath

SAINT LOUIS, MO, UNITED STATES, June 10, 2021 /EINPresswire.com/ -- Generations Deep:

“

The response by readers who have read the book and claim how its message resonates with their own family experiences of trauma and dysfunction has been tremendous.”

Gina Birkemeier, LPC

Unmasking Inherited Dysfunction and Trauma to Rewrite Our Stories Through Faith and Therapy (ISBN 978-1-17329545-2-6, Out Loud Publishing, 2021) by Gina Birkemeier, LPC, has been nominated for the Illumination Book Awards in the category of self-help. The Illumination Book Awards honor the best Christian books of the year. Nominated books are judged by a panel consisting of Christian educators, Christian booksellers, and Christian publishers. Award winners will be announced on January 28, 2022. Generations Deep has been widely received by both readers and critics, achieving Amazon Best Seller

status upon its release.

In the powerfully written, Generations Deep, Birkemeier shares her own family's personal story through four generations, showing how destructive behaviors of one generation are repeated by following generations; and that unless we take time and effort to repair the past this dysfunctional cycle will continue. Offering questions and theories to consider, including a questionnaire created with the help of sixty other trauma-informed therapists, it will guide readers toward their own growth where it's possible to banish shame and find freedom—for themselves and for future generations.

“I am extremely pleased and honored to see Generations Deep nominated for the Illumination Book Awards” said Gina Birkmeier, LPC. “The response by readers who have read the book and claim how its message resonates with their own family experiences of trauma and dysfunction has been tremendous. These readers also appreciate the message of faith and therapy for healing that is central to my message in Generations Deep. The recognition by experts in the Christian publishing world as demonstrated by this nomination is a great accolade.

"The message that 'what isn't repaired gets repeated' is resonating with many people. This book is about connecting dots. About showing how patterns, beliefs, behaviors, ideas, identity and styles of relating are passed down. It's about creating awareness and understanding. It's about learning that, while trauma impacts us at a cellular level- so does healing. I believe Generations Deep's message of hope and healing resonates with so many and is why readers are seeking the book and why it has earned the recognition from the publishing world that this nomination conveys." concluded Gina Birkemeier.

Faith and therapy played important roles in Birkemeier's personal healing. Today with nearly two decades of experience in counseling and ministry, she uses this knowledge to guide readers to do their own work and heal from the impact of inherited behaviors and beliefs. She shows that cycles can be broken, and readers can shed the chains of inherited dysfunction and trauma, to live healthier lives and pass that healthfulness on to future generations. Reading Generations Deep will leave the reader encouraged and empowered to break unhealthy cycles in their own lives.

About the author

Gina Birkemeier is a nationally-renowned licensed professional counselor, author, and speaker. Gina approaches her field with a specific purpose to help people find the freedom to be who they were created to be. In her practice, Gina draws upon her professional background in counseling and ministry to assist others to break the bonds of previous generations and live enriching and productive lives.

Gina holds a master's degree in counseling and theology from Covenant Theological Seminary and is a therapist at CrossRoads Counseling Centers.

David Johnson
Strategic Vision PR Group
+1 404-380-1079
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/543486222>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2021 IPD Group, Inc. All Right Reserved.