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 [thegoodbook.com](https://www.thegoodbook.com)

 [amazon.com](https://www.amazon.com)

“Tieler’s story is authentic, transparent, and ultimately full of the best news there is. If you’re tired of trying to keep up, then take up this book and find real rest.”

Jen Oshman

“Truth and grace mark the ministry of our Lord, and they also mark Tieler’s perceptive book on ditching the endlessly exhausting pursuit of self-help. Full of insight into the human heart, *How to Ditch the How-to* will expose your need—and Christ’s perfect, abundant grace.”

Kristen Wetherell

How to Ditch the How-to

Embracing Grace in Place of Self-Improvement

How can you live your best life, be your best self, achieve your personal goals, and make a lasting difference? There’s lots of advice out there, but does any of it work?

In her thirties, Tieler Giles moved to New York to build the life she dreamed of and become the person she wanted to be: one self-help strategy at a time. Several years later, exhausted, she discovered the gospel of grace in a powerful, new way.

In this book, she examines some of the ways in which our culture tells us to pursue happiness, power, identity, and love, and shows us how only God’s grace provides what we truly need to learn, grow, and live life well.

Whether you’re a Christian or exploring spirituality, get ready to discover how God has the power to renew our minds, heal our hearts and restore our souls.

About the Author

Tieler Giles is a personal development coach who inspires and equips others to grow in God's grace. Through writing, teaching, and coaching, she supports change-seekers on their journey to becoming who God has called them to be. Tieler believes the gospel of Jesus really is good news – and has the power to transform us, our everyday lives, and the world around us. She lives in Charlotte, NC.



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Suggested Interview Questions

1. Why do Christians sometimes try to self-help their way through life?
2. How is the Bible's response to our problems radically different than—and greater to—what we find in self-help?
3. How does the Bible's perspective on happiness differ from what the world promises will make us happy?
4. What is the difference between manifesting our desires vs. relying on the power of the Holy Spirit?
5. How should Christians view the process of self-discovery in light of our identity in Christ?
6. Why is it tempting to believe we can love ourselves to wholeness: that, with enough attention and care, we can find confidence, security, and rest within ourselves?
7. What are ways we can bridge the disconnect between knowing God's love and experiencing it?
8. How did the Biblical concept of surrender help you give up your strategies for self-improvement?
9. In contrast to the solitary journey of self-help, how does God's desire for us to be part of a church community help us grow?
10. How should we view personal growth in light of God's grace and the gospel of Jesus?