



Georgia Shaffer



## Author Biography

Georgia Shaffer is an author, licensed Psychologist in Pennsylvania and a certified life coach. Her books include *Taking Out Your Emotional Trash*, *How NOT to Date a Loser* and *A Gift of Mourning Glories: Restoring Your Life after Loss*.

Georgia is featured in the film *Letters to God* and is on the teaching team of American Association of Christian Counselors' (AACC) Life Coaching Training series and their DVD series, *Challenging Cancer*.



In 1989, after a recurrence of breast cancer, Georgia was given a 2% chance to be alive in 10 years. During the same time period, she experienced the devastating loss of her job and her marriage. So, Georgia knows first-hand the struggles, the setbacks, and the skills needed to begin again. She also knows the joy that comes with a life of passion and purpose. (Picture above on right is Georgia in 1989. Picture on left - Georgia is dancing with her son at his wedding 22 years later).

She speaks frequently at conferences, women's retreats and singles' and cancer survivor events. Georgia's warmth, wisdom, and no-nonsense personality will help you:

- Deepen your ability to understand and connect with others.
- Identify relational blind spots and avoid their destructive effects.
- Reduce feelings of vulnerability and neediness by confronting relational fears.
- Experience a stronger sense of God's comfort during times of uncertainty.

Georgia's energetic style has resonated with listeners and viewers on national programs, such as *The 700 Club*, *Decision Today*, and Sky Angel's *A Time for Hope*. When Georgia isn't writing, speaking, or coaching, she enjoys spending time with her son and deciding what needs to grow or go in her scenic garden. She resides outside Lancaster, Pennsylvania. For more information, visit: [www.GeorgiaShaffer.com](http://www.GeorgiaShaffer.com).



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## Interview Questions

### Taking Out Your Emotional Trash

By Georgia Shaffer

1. Georgia, we can all relate to the job of “taking out our trash,” but what led you to write *Taking Out Your Emotional Trash*?

2. What do you mean by the term “emotional trash”?

3. At the beginning of the book you talk about spending a day on a beach filled with trash and how most of the people walked or played around it as if they did not see it. Then you say we often have emotional garbage that we don’t recognize or have grown used to. Can you give me an example?

4. You write about how easily our wants can get distorted into needs. You say wrong thinking and a lack of self awareness can plunge us into a downward cycle. How do we reverse this tendency?

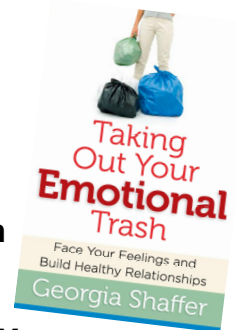
5. For healthy relationships you believe it’s extremely important to understand that different personalities handle loss in their own way. Tell us more.

6. In Chapter 5 you talk about destructive and constructive ways of handling anger. Most of us agree that physical and verbal aggression are harmful but what are some other destructive ways? And how can we express our anger constructively?

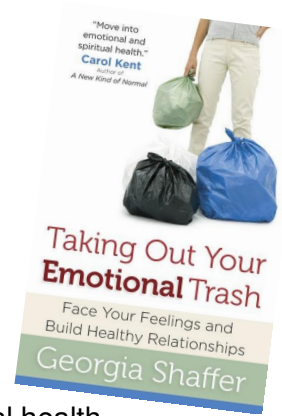
7. You write that it’s important to understand forgiveness as both a choice and a process. What do you mean by that?

8. What would you say to someone who is ready to face their bottled-up feelings—their “emotional trash”—but who is overwhelmed by the task?

9. Most of us have emotional meltdowns once in a while. What can we do to minimize these meltdowns in order to protect our closest relationships?



# Endorsements



Decide *now* to have a better life—free of constant emotional stress, miscommunication, pent-up anger, and out-of-control responses. *In Taking Out Your Emotional Trash*, Georgia Shaffer provides mentally healthy choices and a workable plan of action. Whether you have your own emotional clutter or live with people who are stuck in the rut of unforgiveness and unfulfilled expectations, this book is the tool you need to move into emotional and spiritual health.

**Carol Kent**

Author, *A New Kind of Normal*, *Between a Rock and a Grace Place*

As our level of emotional stress rises, so does the need for Georgia Shaffer's *Taking Out Your Emotional Trash*. Whether we hoard our feelings or unload them on those closest to us, we can all benefit from this excellent resource. If you are a parent, counselor, pastor, life coach, or simply want to strengthen your closest relationships, I highly recommend this book.

**Dwight Bain**

Executive Director of Christian Coaching Alliance, Certified Counselor & Certified Life Coach

This is a much needed, practical, honest and authentic book for those who want to develop the skills that will enable them to properly express their emotions. Georgia's own life experience and willingness to share it is refreshing and healing.

**Michelle Cavinder**

Lead Pastor, Relational Ministries, Crystal Cathedral

At first glance, you might be tempted to think that you don't have enough 'emotional trash' to worry about. However, you may be surprised to discover what God has planned for you by reading this insightful book! Georgia skillfully yet gently leads the reader through the process necessary to clear heart and mind of emotions that may be keeping you from experiencing the abundant life Jesus came to give. I'm really glad I read it!

**Candy Davison**

Women's Ministry Coordinator, Sandy Cove Ministries

Our emotional well-being is vitally connected to our spiritual health and maturity. Georgia Shaffer guides us on this journey with her transforming book *Taking Out Your Emotional Trash*. She offers practical resources so that we don't have to settle for junk but have the space for more joy, peace and healthy relationships.

**Dr. Catherine Hart Weber**

Therapist and author of *Flourish: Discover the Daily Joy of Abundant, Vibrant Living*

Broken lives, broken dreams, broken hearts, all this brokenness means the emotional trash is piling high in most of our lives. I am thankful Georgia Shaffer has written a book that is better than a dumpster, trash compactor and garbage bag in getting the junk out of our hearts, minds and lives so we can all learn to have the life and the love we dream of, the life God intended for us, that brings "a future and a hope."

**Pam Farrel**

Author of best selling *Men are like Waffles, Women are like Spaghetti*



*Georgia Shaffer*



## Media Experience

### **Television and Video Appearances:**

*The 700 Club*

*Sky Angel Network's A Time for Hope*

*By the Book*

*AACC video series: Advanced Professional Life Coaching Volumes I and II*

*Challenging Cancer, Caring for Teen's God's Way, and Cancer: 7 Things You Can Do to Help.*

### **Radio Appearances:**

*Living with Joy, Phil Waldrep Ministries*

*Decision Today*

*Syndicated radio feature: The Mourning Glory Minute*

*Regional radio interviews throughout MD, PA, FL, TN, and NJ.*

### **Print Media Appearances:**

Articles published in:

*CBN.com*

*Focus on the Family*

*Christian Marriage Partnership*

*Lifeway's Christian Singles*

*Mature Spiritually*

*Coping Magazine*

### **Keynote Speaking Appearances:**

*Crystal Cathedral International Women's Conference*

*National Oncology Institute for Learning*

*Sandy Cove National Women's and Singles Conferences*

*All Christian Cruises*

Teaching staff of *Christian Leaders, Authors, & Speakers Services (CLASS)*.