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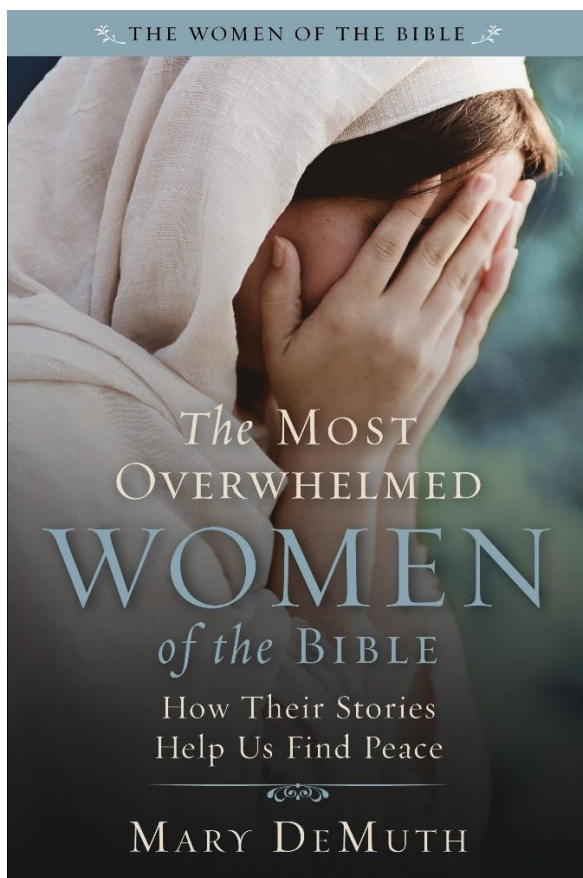
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RELEASE DATE: June 17, 2025 | Contact: Rachel Marble | [rmarble@skyhorsepublishing.com](mailto:rmarble@skyhorsepublishing.com)

## *The Most Overwhelmed Women of the Bible*

*How Their Stories Help Us Find Peace*

By Mary DeMuth



### **Many of us feel overwhelmed by daily life.**

With the onset of social media, we not only worry about myriad tasks, but we feel bad if we don't measure up to everyone else's highlight reels. We lack Sabbath, and we push away rest—even though we desperately need it. And yet, the Bible is replete with women just like us—women who felt the weight of overwhelming schedules and circumstances. In their stories, you will not only learn more about the women of the Bible, but you'll begin to unpack ways to find true rest and peace.

How about you? Have you ever felt overwhelmed by the tasks and circumstances of your life? Do you wake up every day feeling unmotivated or stressed out? You are not alone. Not only have others around you experienced the same things, but many women in the Bible have too. We all have asked questions like:

- Why do some people seem to be able to balance everything?
- What would a peaceful, restful life look like for me?
- How can I find God in the midst of my busy life?

This feeling of overwhelm plagues us all, but we don't need to stay there. Through the raw and real stories of ten biblical women who also felt overwhelmed, you can unearth new ways to find rest in a world that applauds hurry.



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*The Most Overwhelmed Women of the Bible* will help you find true rest, shake hands with who you are and where you are, and empower you to find hope in the midst of life's chaos.

### **About the Author**

**Mary DeMuth** is a literary agent, daily podcaster at the PrayEveryDay.show, Scripture artist, speaker, and the author of more than fifty books, including *The Most Misunderstood Women of the Bible*. She lives in Texas with her husband and is the mom to three adult children. Find out more at [marydemuth.com](http://marydemuth.com).

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The Most Overwhelmed Women of the Bible:  
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By Mary E. DeMuth  
Regnery Faith, an imprint of Skyhorse Publishing,  
Paperback also available in E-Book  
On Sale: June 17, 2025  
\$17.99  
ISBN: 9781510782273

<https://www.skyhorsepublishing.com/9781510782273/the-most-overwhelmed-women-of-the-bible/>