

## Show Notes – Episode 5 – Nichole Suvar

Today Nichole will be teaching us about dealing with anxiety with intentionality. A subject that brought her to becoming a writer and which she is passionate about helping others deal with.

Nichole is a recovering perfectionist, anxiety-fighter, and seeker of all things declared good. She desires for others to know that they are created for a purpose and that even the struggle of anxiety can be a tool to help point us to our Savior and live a life that brings Him glory.

Nichole has contributed to several devotionals, one of which includes Freedom from Worry through Proverbs 31 Ministries. She has also published devotionals for Advent - Prepare Him Room: an Intentional Advent and Easter - Victory in the Wilderness: an Intentional Easter, that can be purchased through her website. Nichole is a writer for the Self Care 365 app, a daily reminder app from Remedy Live that helps you focus on wellness with your mental health. She has also been a guest on numerous podcasts and blogs as well as a speaker on empathy for Great Kids, Great Communities, an initiative in Fort Wayne, IN. She recently published her book, *Numbering Our Days: Combating Anxiety in the Power of Small Intentional Moments*.

Nichole currently lives in the Midwest, with her high school sweetheart husband Paul and their three children. In her free time, she enjoys training for half marathons, discovering new hiking paths, or curling up with a good mystery novel. She writes about living an overcoming life for Jesus, one intentional moment at a time, on her website [livewithintent.org](http://livewithintent.org) and on Instagram [@mrs\\_nichole\\_suvar](https://www.instagram.com/mrs_nichole_suvar).

Connect with Nichole:

IG: [@mrs\\_nichole\\_suvar](https://www.instagram.com/mrs_nichole_suvar)

Buy her book: *Numbering Our Days*

[Livewithintent.org](http://Livewithintent.org)

Podcast: *Numbering Our Days*

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