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New Book, 'This Is for You!' Addresses Spirituality and Encourages Purposeful Living

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ENUMCLAW, Wash., Nov. 21 /[Christian Newswire](#)/ -- According to a General Social Survey conducted by the National Opinion Research Center, 89% of Americans surveyed indicated a desire to be closer to God; 77% consider religion to be an important part of their personal lives.

New book "This Is for You! 31 Days of Life-Changing Discoveries" addresses the importance of a relationship with God. Using her own personal experiences, along with reality-based situations, author Katrina Spigner emphasizes living life on purpose and challenges readers to take a purpose inventory.

"God has created each and every one of us with a purpose. We are not here simply to occupy space on this earth. We are here to fulfill the plans that God had ordained for our lives. It is important for others to know their purpose because it is the means by which they impact the Kingdom of God."

Structured as a 31-day devotional, Spigner takes the reader on an interactive journey towards delving into practical life lessons and making personal discoveries. Spigner advises readers to:

- evaluate where you are versus where you want to be
- confront the issues that sabotage your success
- embrace the purpose for which God created you
- learn to walk in faith concerning God's plans for your life

Spigner is an author, speaker, and life coach who consistently presents her message of purposeful living to organizations nationwide. In 2001, she earned her Bachelor of Arts degree in Social Work, followed by a Master's Degree in Social Work from Columbia College and the University of South Carolina, respectively. Spigner currently serves as an adjunct professor at the University of South Carolina and Columbia College. A dedicated mother of two, Spigner and her family live in South Carolina.

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