



Why Her?: 6 Truths We Need to Hear When Measuring Up Leaves Us Falling Behind

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**If success is defined in the eye of the beholder,
who are you letting behold your success?**

Nicki Koziarz is confronting the comparison question: *Why her?*

Through two striving sisters in the Bible, Nicki uncovered six truths' we need to hear when trying to measure up leaves you falling behind.

These six truths will help you:

- Stop staring at her success and find satisfaction in yours.
- Find contentment with your life without being complacent in who you are becoming.
- Gain godly wisdom to answer the *Why Her* silent question of your soul.

Someone will always be ahead. But that doesn't mean you're behind. Because Truth, like always, will set us free. And free women don't have to measure up to anybody. Not even her.

Why Her?: 6 Truths We Need to Hear When Measuring Up Leaves Us Falling Behind Details

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Author : Nicki Koziarz

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From Reader Review Why Her?: 6 Truths We Need to Hear When Measuring Up Leaves Us Falling Behind for online ebook

Rosalinda Avilez says

I am blessed to have been a part of Nicki's Why Her? Launch Group. I received a complimentary copy of this book by B&H. How many of us ask this question more times than we would like to admit it. How many times have we been paralyzed right after asking the question Why Her? See as I started my journey to read this book I thought it was something I had overcome and I wanted to read this book to not only confirm that but also to be equip to help others. But as soon as I opened this book I realized that no, comparison is still a struggle for me. One of the many things that spoke to me was The sneaky "must be nice" thoughts that come up in my life and are at The very root of comparison. This book had helped to be honest with myself and invite God to come and clean my heart and mind. The awesome thing is that God will help us through the story of Leah and Rachel, He will open our eyes. Nicki is so vulnerable and honest with us. She shares her testimony and through God's word gives us 6 Truths that will help us when the question Why Her? comes up again. I will like to invite you to not only buy this book but sign up for the upcoming Proverbs 31 Online Bible Study starting on April 9 to May 18 <https://proverbs31.org/study/online-b...>

Rosie says

Ladies, this book might just be the best purchase you ever make if comparison and jealousy are often a battle! As a kid and then teenager, I often struggled with wanting to look as thin and pretty as my friends but I didn't know how. Most of my friends had boyfriends before I did, and I felt so left out. It's easy to think, "Why her?" in circumstances like that. However, this book will bring freedom to you.

Nicki Koziarz writes from the heart, sharing her own struggles and offering grace and truth for us. She's been through it. She still goes through it. And it's her experience with this struggle that creates an inviting environment to grow. Hearing from someone who "gets it" is refreshing. Because then you know with certainty that you aren't crazy.

I wasn't able to relate with everything in the book, but out of the six truths Nicki shared truth four hit me super hard. There were little things throughout the whole book that spoke to me and helped me. That's why I'm so convinced it will help you if comparison is a thorn in your side.

There are many stories in the Bible where things weren't fair. Nicki chose to use Leah and Rachel and wow! That story stirs up so much emotion in me. Anger toward Laban. Deep hurt for Leah. Disappointment in both ladies for their actions toward one another. Nothing about this story could be considered fair or just. Yet, it is what it is. They couldn't change their circumstances much like we can't change ours.

You don't have to covet someone else's circumstances to still struggle with comparison. Sometimes there will be a fleeting thought in my head, like "must be nice she can do that" but it doesn't stay. I actually felt like I have a good grip on comparison. That is, until I read this book. Ladies, this book stepped on my toes in all the right places. It addressed minor things I've struggled with, as well as reminded me of some hard truths that I need in this season of life.

Wherever you are in your journey, know that this story is unique to YOU. No one else can do life like you

can. No one is able to do what YOU can, exactly how YOU do it. You're irreplaceable. Don't let comparison steal that from you. You should love who you are, respect who you used to be, and appreciate the God-given story you possess.

So instead of asking, "Why her?" Ask God, "What can I do today to bring You glory? How may I honor You with my actions and words?" Let Him work through you, dear lady. Go change the world!

I received a free copy from the publisher in return for an honest review of my opinions, which I have done. Thanks!

Suzie says

I have always loved the story of Leah and Rachel. Part of me loves the romance of it. Jacob sees Rachel, immediately knows she's the one and works fourteen years for her hand. Fourteen years! But the more practical part of me has always sympathized with Leah. What must life have been like being the less beautiful daughter of Laban, the lesser loved wife of Jacob? And what kind of dynamic did these two sisters have?

That's the heart of Nikki Koziarz's *Why Her?* As women, we have a tendency to look at others and wonder "Why don't I have that..." Doesn't matter what your "that" is: family, home, job, etc. There's most likely something you've coveted in a friend, a family member, a coworker, etc.

Through the story of Leah and Rachel, Koziarz uncovers six truths to help us with the temptation of comparison. Truths which help identify the root of the problem such as you don't see the whole story and it's okay to not be okay.

Why Her? tackles an issue many women have in this day of posting the best of our lives online through social media. It reminds us that the big picture is in God's hands.

Disclosure statement:

I receive complimentary books from publishers, publicists, and/or authors, including NetGalley. I am not required to write positive reviews. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.

Tracye Goad says

You know a book is more than just some words on a page when you feel layers of lies begin to fall away and chains break as you read. That's exactly where I found myself as I read Nikki Koziarz's "*Why Her?*" book. She writes from a place of honesty that immediately grabs you and says this is a safe place to be transparent and vulnerable, a place that allows God to begin to replace those lies with His Truth. Though her words grab you, with her humor and down to earth "REALNESS", it's His Word that transforms you. As she teaches about the brokenness of comparison by using the story of Rachel and Leah, you'll find the beginnings of restoration in your own wounded heart. I most certainly have and continue to feel that growth well after I put the book down (though I'm back reading it again!). Through Nikki's tender hearted writing, constant pointing

to Scripture, challenging questions for self reflection, and constant encouragement, you'll find that you will begin to have the strength to move from surviving to thriving in being the YOU He designed you to be. Her 6 truths have the potential to have long lasting ripple effects on women rising up confidently, boldly, and effectively as they take back what they've given away to comparison. This is the kind of book so many hearts are craving and I'm thankful for her obedience in writing it! *Received an advanced copy from B&H publishing, but this is an honest review.*

Beverly says

I found Nicki's book convicting, comforting, inspiring, and thought-changing! As Nicki opens with her own story, it's as if you are sitting face-to-face talking with her. She makes it so relatable and easy to reflect on your own life and story. The six truths that Nicki covers help to see comparison for what it really is, a battle that can cripple us. I needed this book to help me with my own struggle with comparison. Most often we think those who are younger are the only ones that struggle with comparison. How untrue. As we grow older, our comparisons just become more complicated. I am thankful for Nicki being venerable and transparent to share her own problem with comparison so that others can deal with theirs. As she wraps up the book, she reminds us to be encouraged that God is not finished with us or our stories. We can be encouraged by others successes and know that each of our successes look differently. We can be "settled" as Nicki puts it, without settling for the seed of comparison!

Emily says

This book is amazing! Nicki shares her life in this study of Rachel and Leah and makes it so easy to relate to our own lives. This book changed my way of thinking on comparison! If you need a new perspective read. This book!

Karren Hodgkins says

In an age where comparison is encouraged on so many levels, the message of this book is clear, it is unhealthy to look at another from this perspective. Digging deeper into "Who I Am" and what gifts have I been blessed with by God, would be time better spent. Understanding your self-worth, what you can contribute and an abundance mentality, are better for all of those around us.

The author explores the story of Rachel and Leah from Genesis, throughout the book to illustrate the damage that seems inevitable when we choose to live our life from the perspective of, "Why her and not me?"

We have a choice, we don't have to listen to the lies that can play in our heads. The author notes that "Comparison brings out our competitive streak, which eats away at our contentment, which then destroys our confidence until we are fighting to keep up with an unrealistic standard." Another quote that resonated was, "When a woman learns to listen to her unwell soul clues, she will become much less likely to let the struggle of comparison ruin her."

She outlines a soul care strategy made up of three components; 1. Identify your three Ns (the noise, the notifications and the nosiness), 2. Find your happy, 3. Catalogue your compliments.

Truths she encourages us all to embrace are; 1. You need to be honest, 2. See it like it really is, 3. You don't always have to be OK, 4. Sometimes you didn't do anything wrong, 5. Her gain is not your loss, 6. Let the success of others encourage, not discourage you.

I hold onto these thoughts, "Never settle for the seed of comparison, my friend. You are more than this. You are way more than anyone could ever compare you to."

This book aligned with others I have read. It is an enjoyable read that I can recommend.

With thanks to B&H Publishing Group, the author and NetGalley for my free copy to review.

Jackie Long says

Why Her? by Nicki Koziarz

If I'm honest, I've been dreading writing this review.

Yikes, a heavy way to start off. I am thankful that in my time book blogging I have rarely left a negative review for any book I have read. Unfortunately this one will have to be an exception. Which is hard, because I love being positive! Positivity is even one of my top Strengthsfinder strengths! But being a book blogger means giving honest reviews, even if they aren't always positive.

Let's start with the things I liked about this book:

Why Her? is an easy-to-read, relatable, culturally relevant book about the "comparison struggle" women so often find in their lives. We have a tendency to let jealousy, pride, and comparison infiltrate our lives and friendships in a way that leaves us feeling dejected, down, and depressed.

The author's writing style reads as if she is sitting across the table from the reader, making her feel relatable and trust-worthy! I loved the vulnerability of the personal stories and struggles she shared about her own journey with this topic, and the way she spoke about the negative effects social media and our culture can have on us when we begin comparing ourselves with others.

The cover of the book is also lovely!

I wish I had more positive things to say, but unfortunately let's move on to the things I wasn't crazy about.

Distilled into one sentence:

This book does not address the heart issue behind comparison, and I am concerned that readers will take the advice within it to fight this sin struggle in their own power without even thinking about Christ.

Throughout the book, the author gives specific ways to fight this comparison struggle, yet Christ is rarely mentioned as a way to fight this sin.

"Honesty is what gives us the chance to become hopeful that we can overcome this struggle" (19). I disagree. 1 Peter 1:3-4 says "Blessed be the God and Father of our Lord Jesus Christ. Because of his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead..."

Confessing and repenting of our sin of jealousy and covetousness to God and rejoicing in the new identity Christ has given us is the way we can be hopeful of overcoming this struggle.

"We need to train our minds to 'get it'-to see it like it really is." I disagree. We need to turn our minds to Christ. He is the one who is able to transform and renew our minds.

Some of the practical advice given is not rooted in Scripture, and I feel could actually be harmful to women fighting the battle of comparison.

I have the privilege of working with college aged women for a living, and I know that the comparison struggle is real. Grades, looks, finances, boyfriends...this sin of covetousness is personal and close to home. But when I came across the advice the author gave for fighting the why her struggle, my heart sank. Because when I think of my women, who also struggle with "doubting my gifts," "those little fears of 'why not me?' digging in," and "feeling jealous as I watch 'her' scoot off to this and that opportunity," I cannot imagine sitting across from them at a table and giving them the advice the author gives herself in these moments:

"Stop it" (69).

We cannot just "stop it." Without Christ, we are slaves to sin. I think of Paul in Romans 7 as he cries "For in my inner self I delight in God's law, but I see a different law in the parts of my body, waging war against the law of my mind and taking me prisoner to the law of sin in the parts of my body. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!" As Paul acknowledged the sin in his life, he didn't tell himself to just "stop it." Instead, he turned to the One who has rescued us from sin and death- the one who has set us free from condemnation.

Later the author goes on to share "15 ways to care for your soul."

Number one is to eat something refreshing.

Number four is to drink a cup of tea.

Number six is to drink a glass of water.

These things are certainly not wrong, and I do feel great after doing them! But the only way to truly care for my soul is to seek after Jesus. To read the Word (which is mentioned as way number 9). If I seek caring for my soul in things that cannot fill and heal my soul, I set myself up to be frustrated and confused.

Although marketed as a Christian book, Jesus is mentioned only a handful of times.

The "6 Truths We Need to Hear" are all me-centered, but I know that "when measuring up leaves [me] falling behind" the truth I need to hear is that Christ has died for me and I am seated in the heavenly realms with Him (Ephesians 2:6). I need to know that I am forgiven. I need to know that Jesus is who He says He is- the Savior of the world.

My rating? 1/5

Although marketed as a "Christian Life" book, it would be easy for someone of any religion to read and agree with. Which isn't a bad thing! But when a book is marketed as Christian I think I'd expect there to be more Christ-centered content). With other books out there that focus on the heart issue and sin of comparison and covetousness, I can't say I would recommend this book to somebody looking to read on the topic.

I received a free copy of this book from the publisher in exchange for my honest, unbiased review!

MaryJo Cyr says

Wow ladies. You are in for a treat if you decide to read, "Why Her?" Nicki Koziarz speaks what all of our hearts go through. As a Christian, Nicki speaks the truth in love but also with honesty. Oh that dreaded comparison game we all play. We try not too but yet, it's so hard, isn't it? Nicki, lovingly and truthfully walks us through "6 truths we need to hear when measuring up leaves us falling behind." Nicki uses her words in a beautiful way that brought much blessing to my heart. This quote from "Why Her?" really touched my heart - "there is always beauty in the midst of our burdens, and a God who blesses us there." Treat yourself to this gem. It will open your heart to live in a way that will help you to rejoice in others successes. Nicki says to us "instead of being competitors, we are learning to live as women who complement each other. Oh my friends, such peace and freedom this brings to our weary hearts."

Donna Robertson says

I received a complimentary copy of this book from the publisher in exchange for my honest review.

I truly enjoyed reading this book. I found a lot about myself in it. I am the only girl in my family so I have no sisters for which to compare myself with but I do have a sister-in-law. She is a wonderful person but she is the opposite of me in appearance. She is tall and thin and I am not. When we first met, I thought she was everything that I thought my parents wanted me to be and I was totally lacking. This is me recognizing the first truths in the 6 truths I am being honest. Over the years, I realized that my sister-in-law is not perfect but human like everyone else. When I let go of comparing myself with her, I was able to allow her to be my friend.

While there are several chapters that I can identify with in this book the two chapters that I truly believe were written for me were chapters 7 & 8 under the Truth Four "You Didn't Do Anything Wrong" I can relate to when you think that you are going to get pick for something but when I didn't get picked, I wonder what I did wrong. One of the quotes in the book that stood out for me is "We have to trust God so much that if He doesn't give it to us, we don't want it". This has been so true in my journey. It happened even recently. I thought my job was going so well and I was even given a promotion. The company then decided to outsource my job to an outside vendor and God gave me the courage to seek a position with this company. Not only did I get the Job, I also am allowed work from home and one of the people that I work with has become one of my best friends. God has a plan and when we work according to His plan, everything works out the way they are supposed to do.

Patricia Kettell cordell says

Who's Your "Her"

If you've ever sneered at someone and thought "I can do that better than her." Or if you've wished you had what "she" has. Or if you thought you missed out on being given that certain talent...then this book is for

YOU! That's right! YOU! Author Nicki Koziarz hits the nail on the head with this comparison thing...scratch that, comparison trap. She will show as she walks us through the "6 Truths We Need to Hear When Measuring Up Leaves Us Falling Behind" is truth that we need to have deep in our souls so we can become all God created us to me. This book will make you laugh, cry, and I bet you'll be nodding your head in agreement as Nicki shares her own personal struggles to show you...she's been there, and she gets it! Enough about what I have to say, y'all just go get this book.

Thank you B&H publishing for the advanced reader copy! And just so you know, I loved this book so much, I pre-ordered 3 copies for my friends.

Jodi says

I received a complimentary copy of this book from the publisher in exchange for my honest review. I loved this book! I just read Nicki's book "5 Habits of a Woman Who Doesn't Quit" not long ago. I loved her style of writing, so I was super excited for this book. Nicki has a way of writing that is lovely!! It is easy to understand, it goes back and forth between the bible story and characters it is based on to stories from her real life that are so easy to relate to. She has a way of bringing the lessons from the bible into our modern day world and providing us practical ways to apply these truths to our life today. Excellent book and I cannot recommend reading this enough. All woman can get something from this book. Most likely after reading it you will walk away finding ways you are comparing yourself to others and coping with it that you never even realized you were doing. Don't miss out, you want to buy this book!!! I have to add that even if I had not been given a complimentary copy, I would absolutely have purchased this book anyways.

Melissa Henderson says

Filled with honesty and heartfelt truths, author Nicki Koziarz shares feelings that many women experience on a daily basis. Comparison is learned from an early age and how we deal with comparisons truly affects our lives and the lives of those around us. In this book, learn how to turn those negative thoughts around to realizing the blessings God has given us. The Biblical story of Rachel and Leah are used as examples. Also, true life stories from the life of the author show how even though we all have struggles, with God's help, we can turn those struggles around to be blessings. This book is filled with practical wisdom, humor and lots of love. I received a copy of this book from the author and publisher and this is my personal honest opinion.

Kelly Hodgkins says

This book is packed with humour alongside wisdom. I love Nicki's fixer upper farm, Fred the donkey and the anecdotes Nicki shares about her family. The best part of this is the way she weaves biblical truths into it so I now remember the truths because of the stories.

Broken into easy-to-digest sections with biblical truths and practical application, this book has it all. I love the challenges like "Compare+Compliment+Calculate the cost= Take control of comparison" which has three scenarios to explain it and biblical truth to back it up! It also has easy to share quotes like "God's purpose isn't a battlefield for competition. It's a safe haven of calling." which I can hear myself sharing amongst friends and discussing.

I want the mindset shift described by her 6 truths:

You need to be honest
See it like it really is
You don't always have to be ok (this one is FOR ME, I swear!)
Sometimes you didn't do anything wrong (loved this one too)
Her gain is not your loss
Let others' success and struggles steer you (such wisdom)

Wow, if I can do that, what a massive change!

Intellectually, I loved how she tackled one of the toughest stories in the Bible to understand: Rachel and Leah! It's one I categorised as confusing but "Old Testament" but spending time digging into these verses, taking on each of their burdens and really understanding them was fascinating and enlightening.

Practically, this book is chockablock! My favourite applications are the questions she poses for me to ponder like "1. does it come from a place of jealousy? 2. does it line up with Word and character of God? 3. Does it make God look great?" as well as the ones that call us to change our behaviour today like working on your calling rather than the Netflix binge.

Other favourite lines include:

"God didn't bless Leah for any other reason than for why He Blesses us - to help her know she was loved by Him..."

"God designed us with a desire for community. Comparison convinces us that community doesn't exist for us."

"Abundance. God doesn't do anything halfway. So what are you taking back today?"

One thing I've come to fully understand about my soul is this: I'm the only one who can take care of it."

"What is a situation in your life you need to choose insight over offence?"

Nicki has an amazing gift, she has the ability to bring Old Testament characters like Leah and Rachel to life in a way I gain a new understanding of familiar texts. She relates these to her modern day anecdotes which I can apply to my life and share biblical wisdom I can live out today! She has reframed comparison and given a strong way in which I can tackle in a God-centred way. Five out of five and highly recommended!

Jennifer Jarrell says

Why Her? by Nicki Koziarz is such a blessing to the reader! Nicki has taken the story of Rachael and Leah and dig into the meat of the scriptures to teach us that comparison is not of God. Nicki shows us that even in biblical times appearance is the first of comparisons, and then Nicki whispers this truth, "there's simply too much that's beautiful about you and me to lose it all on her."

Nicki shares vulnerable truths from her life, and I appreciated that so much. When I read this book I thought surely a published author, owner of such a beautiful home, and wife with three daughters has no insecurities, and I was glad to see that Nicki points out in her book while every woman may not have the same insecurity, every woman definitely has an insecurity! Once again, Nicki whispers the following truth, "We often lose who we are while trying to become someone we aren't."

This book holds so many truths for a woman's heart, including "Often comparison will use the pain of our

past to create problems in our present.” This is truth, and I don’t want to continue to struggle with comparison for the rest of my life! This book was so good that I ordered the Bible Study that goes along with the book, and it will be here tomorrow! I encourage any woman to read this book who is looking for truth about the comparison struggles women face.
