

Book Review: *Get Over Yourself* by Jennifer Beckham

by Shennandoah Diaz



Title: *Get Over Yourself! 7 Principles to Get Over Your “Self” and on with Your Destiny*

Author: [Jennifer Beckham](#)

Genre: Christian Life/Women’s Issues

Publisher: Cross Over Press, 2009

Review:

Most women would admit to fantasies of one day becoming a princess. In her book *Get Over Yourself!*, author and minister Jennifer Beckham shares her personal journey as she achieved the coveted status of a Disney princess, only to find that her dream brought her more misery and heartache. It wasn’t until she learned to “get over herself,” developed her faith, and overcame the negative thoughts and emotions ruling her life that she finally achieved happiness. From her journey emerged “7 Princess Principles,” rules that any woman—but especially women of faith—should follow to achieve balance, happiness, self-worth, and a full spiritual life.

With a personable style that is both no-nonsense and compassionate, Beckham blends Christian principles, anecdotes, expert quotes, and actionable advice with observations and examples from her own life to weave a positive message of ownership over one’s destiny. Though clearly directed to a Christian audience, non-Christian women can also find sound guidance in her advice on how to take ownership over your thoughts, feelings, and actions to achieve the life you want and are meant to have.

Throughout the book, Beckham emphasizes the control each individual has over the many negative messages vying for influence and stresses that each person has the power to silence the negative messages and find strength and solidarity within. She also stresses how important faith is to this journey. Specifically, she talks about true faith being a conscious commitment, not a wavering search for a “feeling” of faith.

Beckham highlights many passages from the Bible, which demonstrate the arguments of faith behind her principles and ground her ideas in Christian wisdom. She also makes her advice applicable to many real-world circumstances, including dieting and relationships, showing readers exactly how to implement her principles and strategies in any situation. Beckham further makes her content actionable by offering up “ABC’s” at the end of every chapter that ask the reader to reflect on the concepts in the chapter, complete an exercise to deepen her understanding of the concept, and to acknowledge the negative thoughts and beliefs that had been holding her back from achieving the life she wants.

Overall, Beckham presents ideas that are both inspirational and actionable and which teach women to overcome their fairytale conceptions of happiness to find real, honest peace and happiness through faith and ownership. Women interested in personal development, inspiration, and Christian literature would enjoy this book.