

DROWNING IN DRAMA

Jonah and the Drama Triangle

JIM COOPER JR.

foreword by **INGRID FARO**

Drowning in Drama is a fresh look at Jonah—not the Sunday school, flannelgraph version. It's about what happens when people run from pain, try to fix others, or misuse their power. Through Jonah's story and the author's own, this book explores the Drama Triangle—Victim, Rescuer, Persecutor—and how Jesus offers a way out. Jesus doesn't play the roles people expect. He enters the mess with vulnerability, offers care without control, and confronts injustice with love and truth. This book is an invitation to follow him out of the drama and into a life of surrender, courage, and real peace.

"Jim Cooper hooked me from start to finish, and I want to read *Drowning in Drama* all over again. Jim writes with gut-wrenching vulnerability and honesty to address the human experience in a fallen world. Using the story of Jonah, Jim Cooper unravels how God works in our lives even when we feel betrayed, angry, abandoned, and even convicted over our actions. I will never look at the story of Jonah or life's struggles the same way again."

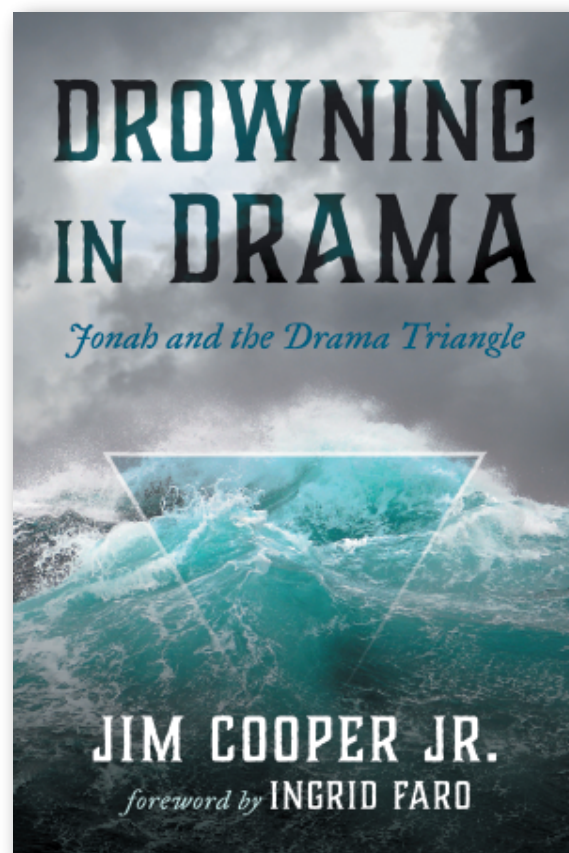
—**SAM BLACK**, Director of Recovery Education, Covenant Eyes

"*Drowning in Drama* offers an evocative reading of Jonah, illuminating how fear, blame, and control shape our relationships. With disarming humility, Cooper guides toward a trajectory of divine mercy—one that helped me see both Jonah and my own wounds in a new light. His words invite us out of self-protection and into vulnerable trust in God."

—**ANDREW WILLIAMS**, Lead Pastor, Church on the Hill, Virginia

"Not merely another book on abuse recovery, *Drowning in Drama* is a guide into the depths of Scripture, relational theory, and a couple's riveting story of recovery from abuse of power. With much therapeutic skill, and the mind of a biblical scholar, Jim Cooper leads us through Jonah, asking the questions we need to see God in our healing. He leads us to the recovery that can come in Jesus Christ. I was filled with hope after reading this book."

—**DAVID FITCH**, Betty R. Lindner Chair of Evangelical Theology, Northern Seminary, Chicago



JIM COOPER JR. is a seasoned pastor, leadership coach, and theologian with more than twenty-five years of ministry experience. He holds a BA in theology and an MA in strategic leadership and is currently pursuing a DMin at Northern Seminary. Cooper's work focuses on spiritual renewal, leadership development, and the role of semiotics in church culture. He lives in Virginia with his wife, Heidi, and their three children.

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