



**KARLA J NOLAND, ACC
REVEAL HEAL THRIVE LLC**

About Me

Karla J. Noland is an award-winning author, speaker, and certified Life Coach dedicated to helping people heal, grow, and live with purpose. As the founder of Reveal Heal Thrive LLC, she equips trauma survivors with tools to move from surviving to thriving. Her debut book, *The Day My Heart Turned Blue*, received the 2022 Eric Hoffer Spiritual Book Award, and her YouVersion Bible App devotionals have reached over 60,000 readers worldwide. Karla lives in Durham, North Carolina, with her family.

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Book Description

Lifting the Weight of Shame with God's Love Workbook is a Bronze Winner in the 2026 Feathered Quill Book Awards (Religious/Spiritual) and is inspired by Reveal Heal Thrive's most popular YouVersion Bible App devotional that has encouraged more than 18,000 readers across 10 countries. Written by Karla J. Noland, a YouVersion Content Partner and founder of Reveal Heal Thrive, this workbook helps readers move beyond simply reading God's truth into personally applying it for lasting transformation.

Shame is a heavy weight that keeps us hidden and feeling unworthy, but God's love lifts our heads and restores our identity. This 5-part workbook deepens the original devotional through biblical teaching and interactive spiritual exercises, including:

- Scripture-based devotional insights
- Reflection questions to identify how shame has shaped your life
- Action steps to put God's truth into practice
- Journal prompts for prayer and processing
- Closing prayer prompts to end each session with God's presence

Karla writes from personal experience—offering hope, honesty, and a reminder that God's love is greater than our failures.

Whether you're healing from past mistakes, battling feelings of unworthiness, or longing for a deeper connection with God, this workbook provides a safe, guided space to reflect, release, and renew.

Spend just 30 minutes a day and discover how God's love can lift your heart and set you free.

Devotional featured in:





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- Available for purchase through Wholesale Distributors including Ingram Content Group, Inc.
- Paperback workbooks sold via [Lulu bookstore](#) & <https://revealhealthrive.com/books>

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