



Lay It Down: How Letting Go Brings Out Your Best

Randall Cunningham, Tim Willard

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Former NFL MVP **Randall Cunningham** knows that God can do miraculous things in our lives--not in spite of our pain but because of it.

Weaving together his remarkable story as a Pro Bowl quarterback with the principles of contented living that he's discovered, Cunningham--who is now a mentor and a pastor--comes alongside you to coach you through your own struggles. These truths will give you the courage to let go of the bad choices, career losses, and failed relationships that keep you from going forward. Not only is there hope, but as you lay down your pain, you will find surprising peace and empowerment.

Lay It Down will help you move beyond whatever is keeping you from being the person God created you to be.

"So many people think that when life comes hard at us and knocks us down then that is all we're destined for--a life of hard knocks. This book looks at that moment you decide to stay down or to rise. When the unthinkable happened in my life, I faced such a decision..."

--**Randall Cunningham**, *Lay It Down*

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