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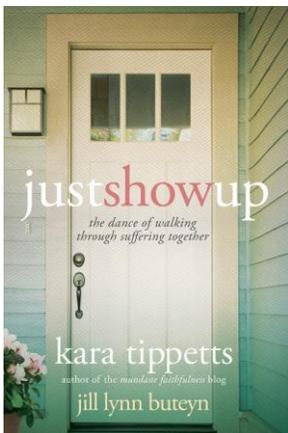


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PRESS RELEASE

Sometimes it's enough to just show up

Two friends share what friendship looks like in the midst of difficult circumstances



Seattle: While your heart might be in the right place, it is not unusual to feel uncomfortable or insecure when you're around loved ones who are in the midst of a trial. The temptation to back away can be strong; after all, couldn't they use some space? You don't want to be a burden. Is that ever the right choice though? Is there something both of you can gain from friendship in the midst of suffering?

Bestselling author **Kara Tippetts** and **Jill Lynn Buteyn** answer those questions in the new book ***Just Show Up: the Dance of Walking Through Suffering Together*** (David C Cook/October 1, 2015/ISBN: 978-1434709530/\$15.99). With grace and practical advice, the friends wrote about what relationships look like in the midst of changing life seasons, loads of laundry and even Tippetts' battle with cancer, which she tragically lost on March 22, 2015.

As Tippetts walked the road of cancer, learning to receive offers of help from friends — and the vulnerability that comes along with it — was sometimes an uncomfortable journey for everyone involved. Yet, she discovered an astounding depth of relationship with women who wanted to walk with her and her family, including Buteyn, who became one of her closest friends. “We all have tough times, but there's a beauty that comes in doing the really hard stuff together,” Buteyn reveals. “When I look back on my time with Kara, I see a lot of tears, prayers and pain, but I also see grace and even peace. It was beautiful to walk with her, even though it hurt so much. It still hurts. But I would choose her all over again.”

Buteyn faced her own challenges as she reached out to Tippetts and her family. Maintaining friendships can be difficult even on the best of days, and troubles compound relational challenges. For Buteyn, it was hard at times to know what to say or do, and there were moments when her words sounded awkward and hollow. Along the way, though, Tippetts and Buteyn both discovered ways to meet each other in the “hard.” The book offers insightful chapters full of wisdom about the gift of silence, the art of receiving and the beauty of just showing up.

“Presence is so important in suffering because sometimes that's really all we have to offer,” Buteyn admits. “We don't have the right words or there isn't anything we can do to help. Sometimes it is just about being there.” In addition to sage advice born from experience, *Just Show Up* offers practical tips, such as what clichés to avoid, why it's important to be specific in your offers of help and how to avoid making your friend's pain all about you.

Whether readers want to be present with someone going through a difficult time or find inspiration for pursuing friendship in a new way, this eloquent book reveals the power found in being present during the everyday as well as the terribly hard — and reaching out to others, no matter what.

Learn more about the life of Kara Tippetts at www.mundanefaithfulness.com. For more information about Jill Lynn Buteyn and *Just Show Up* at www.jill-lynn.com and on [Facebook \(JillLynnAuthor\)](#), [Pinterest \(JillLynnAuthor\)](#), [Instagram \(JillLynnAuthor\)](#) and [Twitter \(@JillLynnAuthor\)](#).

Advance Praise

"Kara Tippetts changed my life and thousands of others' lives because she was a rare, singular voice who, when facing the end of her life here, had street cred to speak about what really matters. Open these rich, radical pages and give yourself the gift of friendship like you've always wanted and community like you've only hoped for — before it's too late to *just show up*."

~ Ann Voskamp, author of *One Thousand Gifts: A Dare to Live Fully Right Where You Are*

About the Authors



The late **Kara Tippetts** was the author of *The Hardest Peace* and blogged faithfully at mundanefaithfulness.com. Cancer was only a part of Tippett's story. Her real fight was to truly live while facing a crushing reality. Since her death in March 2015, her husband, Jason, is parenting their four children and leading the church they founded in Colorado Springs, Colorado.

Learn more about the life of Kara Tippetts at www.mundanefaithfulness.com or follow the site on [Facebook](#) ([mundanefaithfulness](#)).

Jill Lynn Buteyn is the author of *Falling for Texas*, an inspirational novel, and a recipient of the ACFW Genesis Award for her fiction work. She has a bachelor's degree in communications from Bethel University. Buteyn lives near the beautiful Rocky Mountains with her husband and two children.

Learn more about Jill Lynn Buteyne and *Just Show Up* at www.jill-lynn.com and on [Facebook](#) ([JillLynnAuthor](#)), [Pinterest](#) ([JillLynnAuthor](#)), [Instagram](#) ([JillLynnAuthor](#)) and [Twitter](#) ([@JillLynnAuthor](#)).

Suggested Interview Questions

- You wrote *Just Show Up* with your late friend Kara Tippetts. Can you tell us about Kara and the circumstances that led you to write this book together?
- How and when did you learn about Kara's cancer diagnosis? Did it change your relationship with her?
- Do you think it's easier to be someone's friend when times are good?
- You write in *Just Show Up* that being there for a friend can be as simple as literally just showing up. Why is presence so important during suffering?
- You talk about learning to be "comfortable with your uncomfortable." Can you share a story from your friendship with Kara that illustrates what you mean by that?
- Could you offer some advice for others on how to move past moments of awkwardness?
- Sometimes it's easy to struggle with self-doubt and wonder if your efforts to help will be a nuisance. How did you work through some of those concerns?
- When offering help to someone, why is it important to be very specific about *how* you would like to help them?
- What are some words we can use to offer comfort? Are there any words that can hurt more than help?
- How did you see God and his love expressed in your friendship with Kara?
- What do you think holds people back from pursuing deep connections with others even during the good times?
- When you and Kara wrote about "big love," what did you mean?
- Even though Kara knew she was dying, why was it important for her to finish *Just Show Up* with you?
- Kara's blog, Mundane Faithfulness, had a large following of faithful readers that followed her through her cancer journey. What were the main messages Kara always tried to impart to her readers?
- So many readers fell in love with Kara and her family through her blog and book *The Hardest Peace*. Can you tell us how the Tippetts family is doing since her passing in March?

To request a review copy of *Just Show Up*, or schedule an interview with Jill Lynn Buteyn, please contact Audra Jennings, audra@lifusegroup.com.