

THE SQUEEZE

A woman with dark, curly hair pulled back, wearing a grey and white plaid blazer. Her eyes are closed, and her hands are pressed against her temples. A horizontal white band covers her eyes. The background is a light beige color with some faint, dark, scribbled lines behind her head. The bottom of the image features a dark maroon geometric shape.

WHEN EVERYONE
NEEDS YOU...
EXCEPT YOU.

TAMAR BURCH

Dedication

For the women beneath the weight.

Before We Begin

Maybe you didn't come looking for this book.

Maybe you were simply tired.

Not the kind of tired that sleep can fix.

The kind that settles into your life after years of
carrying what no one else can see.

Maybe someone placed these pages
in your hands.

Or maybe something inside you recognized
the title before you
even opened the cover.

Whatever brought you here...
I'm glad you're here.

There are seasons of life that are difficult
to explain.

From the outside, everything appears
to be fine.

Life keeps moving.

The bills get paid.

The birthdays are remembered.
The phone calls are returned.
The responsibilities are handled.

People still see the dependable woman.
The capable woman.
The strong woman.

What they don't always see...
is the weight she carries to keep it
all moving.

CHAPTER 1

THE LEAVING

I don't think women
notice the day they begin
leaving themselves.

Why would they?
Nothing feels different.
Life simply keeps moving.
Morning becomes evening.
One day becomes the next.

One season
gives way to the next.
At first...
there isn't much to notice.

Someone needs you.
Then someone else does.
Then another.
You don't keep count.

You say yes.
Of course you do.
It isn't sacrifice.
It's love.
It just keeps showing up.

Then...
life asks for a little more.
A parent grows older.
A child grows up...
but somehow still needs you.

The days become fuller.
The hours become smaller.
More of you belongs
to everyone else.
And because you love them...
you never stop
to question it.

BUT THERE'S MORE BENEATH IT

This is only the beginning.

Because the weight we carry
is rarely just about
what needs to be done.

Somewhere beneath the
responsibilities, the expectations,
and all the ways we've learned
to keep going, there is still a
woman who belongs to herself.

The Squeeze is an invitation to
find her again - not by becoming
someone new, but by remembering
the woman who has been
there all along.

Ready to keep reading?

**There is still a journey back to
the woman beneath the weight.**