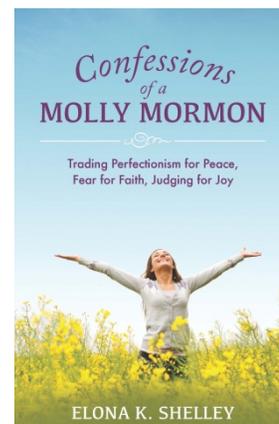


Elona K. Shelley

Press Release

For Immediate Release
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Confessions of a Molly Mormon Trading Perfectionism for Peace, Fear for Faith, Judging for Joy

SALT LAKE CITY— July 24, 2013—Sharing experiences from her own life, Elona Shelley takes on the challenge of perfectionism that has become a common plague among members of the LDS Church, and particularly among LDS women. *Confessions of a Molly Mormon: Trading Perfectionism for Peace, Fear for Faith, Judging for Joy* tells about the guilt and despair that accompanied her efforts to become the perfect Mormon woman.

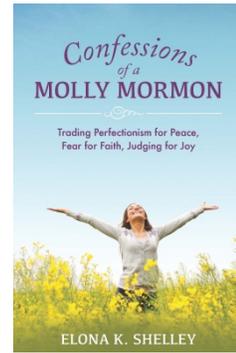
In her struggle to live according to all of God’s commandments, she forgot that God knows we are mortal, that He has provided a merciful and loving Savior to redeem us, and that His commandments are beautiful gifts to help us live joyful lives while learning to deal with the weakness of mortality. In each chapter, Elona talks about feelings that were once a source of guilt and depression for her. Chapter titles like “God and His Tattletale Angels,” “The Iron Rod as a Weapon of Self-Destruction,” “You Can Only Watch *Johnny Lingo* So Many Times,” and “Let the Hunger Pains Begin” allude to feelings that she hoped to hide while trying to appear to be the perfect Molly Mormon. The gulf she perceived between her reality and her ideal robbed her of the peace and joy she desperately longed for.

In 1990, when her oldest son was 16, he told her that he was gay. Feeling that she had totally failed God, the Church, and her family, Elona sank into a deep depression that left her barely functioning as a mother. During her darkest hour God granted her comfort and new understanding that set her feet on a glorious new path of freedom and joy. Finally Elona was able to set aside her fears, let go of the need to impress others, and focus on developing her relationship with God. The result was an outpouring of love in her life she could never have imagined earlier.

Learning how to stay on that path of freedom and joy—and helping others discover it for themselves—has become Elona’s quest. The message of her book is that God desires His children to be joyfully engaged in coming to Christ in this life. He offers us the tools we need to navigate the experiences that come into our lives from a place of peace and love. He is there to help us surrender our perfectionism and receive His peace, to surrender our fears and embrace faith, to surrender the judging of ourselves and others that robs us of love and joy.

Confessions of a Molly Mormon: Trading Perfectionism for Peace, Fear for Faith, Judging for Joy is available at Costco, BYU Bookstore, Amazon, Barnes and Noble and other bookstores. E-books are available for Kindle, Nook, and iBook devices.

Elona K. Shelley



Biography

Elona Knighton Shelley grew up in the Lost River Valley of Southeastern Idaho where her parents owned a 200 acre farm. At a young age she could be found working alongside her parents or siblings in the garden, the potato fields, the lambing shed, or playing with her sister on the tire swing hanging from a huge poplar tree.

For eight years Elona attended elementary school in the small town of Moore, and then continued her education at Butte High, the county high school located in Arco. She graduated in 1966 with 56 other classmates and attended the University of Idaho in Moscow for the next three years.

Between June of 1969 and June of 1971 Elona served a mission under the direction of Milton (Mitt) Smith in the Central American Mission. Upon returning she attended BYU, married Monte Shelley, did an Elementary Ed internship and graduated a few months after giving birth to their first child.

Elona and Monte moved eight times in their first five years together, living for brief periods in Guatemala, Oregon, and Wisconsin before settling in Orem, Utah. They raised their six children in their current residence, and regularly welcome a lively group of grandchildren and other visitors into their home. They love their location and have no intention of moving anytime soon.

Callings in The Church of Jesus Christ of Latter-day Saints have provided Elona with a broad range of experiences with women, children, young women, and Boy Scouts. From the time she was small she has always had the desire to connect with people, and has shared many tender moments with others discussing the joys and sorrows in their lives.

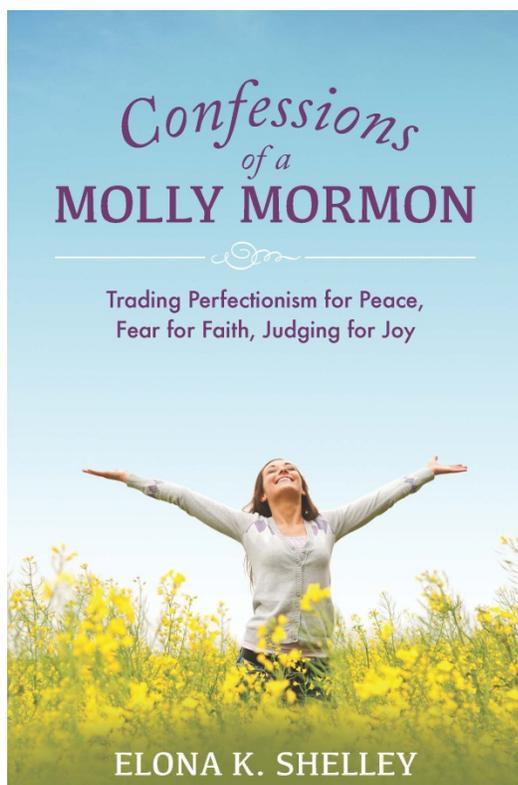
However, perfectionism became a stumbling block in Elona's life at an early age. Always seeking the acceptance and praise of others, she did her best to please everyone and to hide the flaws she saw in herself. As a teen she carefully honed her manipulation skills, and struggled with an eating disorder years before there was wide public awareness of such behaviors.

When Elona married Monte, she had high hopes of creating the perfect LDS family with him. Her fearful "Celestial Kingdom or Bust" attitude robbed her of many of the joys of parenting as she focused on removing the flaws in herself and her children. She was convinced that if she could only get more organized, more spiritual, more in control, everything would work out the way it was supposed to.

Then, seventeen years into her marriage, Elona's oldest son told her he was gay. The gig was up! Any hope of making everything turn out right was gone. Despair ruled her life until she finally opened her heart and allowed God to give her the courage to stop worrying about appearances and live in the light of His love.

Confessions of a Molly Mormon: Trading Perfectionism for Peace, Fear for Faith, Judging for Joy, discusses how seven of Elona's gospel misconceptions were transformed into beautiful truths, and tells of the path of freedom and joy she suddenly found before her. Learning how to stay on that path, and helping others who are struggling to discover it, has become Elona's quest.

Elona K. Shelley



Fact Sheet

Title: *Confessions of a Molly Mormon*
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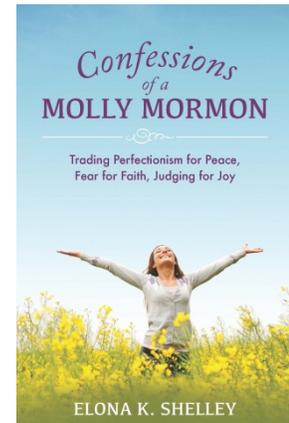
How can the gospel be the plan of happiness if I feel so miserable trying to live it?

In *Confessions of a Molly Mormon*, Elona debunks many of the faulty beliefs that led her down a path of deepening despair as she struggled to make herself and her family good enough to someday enter the celestial kingdom.

During her darkest hour, God sent comfort in an unexpected way and set her feet on a glorious new path of freedom and joy. Learning how to stay on that path—and helping others discover it—has become Elona's quest.

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Suggested Questions for Elona Shelley

1. How did perfectionism affect your life?
2. How did your perfectionism affect your family?
3. What were some of your greatest fears when you were trapped in perfectionism?
4. How did your constant judging of others and yourself affect your life?
5. In your book you relate a little about your experiences when your sixteen year old son told you he was gay. How did that affect your life?
6. What caused your transformation from perfectionism, fear and judging to peace, faith and joy?
7. What are your thoughts about depression and despair now that you have learned how to free yourself of them?
8. What do you mean when you talk about living joyfully?
9. Your chapter titles provide fun little teasers. For example, “The Iron Rod as a Weapon of Self-Destruction” is obviously a chapter about the scriptures. Why did you feel guilty or depressed about the scriptures? What are some of your other chapter titles?
10. What is the over-all message of your book?
11. Who have you found to be the greatest audience for your book?
12. Do you plan to do more writing in the future? What topics will you be addressing?