

John Jarman



John Jarman is a professional fitness coach and men's discipleship leader with a passion for seeing lives changed by Jesus Christ. A former football coach and Marine Corps veteran of Desert Storm, John's life was radically transformed from a self-destructive trajectory to one of life, wholeness, and a dynamic walk with Christ, a story that is told in the pages of Broken and Redeemed. John holds a Master's Degree in Physical Education from Ohio University, and, as of this writing, is close to completing a Master's degree in Theology from Faith Seminary in Tacoma, Washington, where he resides.



john@brokenandredemed.com
253.988.7327

John Jarman

Connect With Me Here



www.brokenandredeemed.com



<https://www.facebook.com/BrokenRedeemed>



https://twitter.com/broken_redeemed



https://www.instagram.com/john_brokenredeemed/



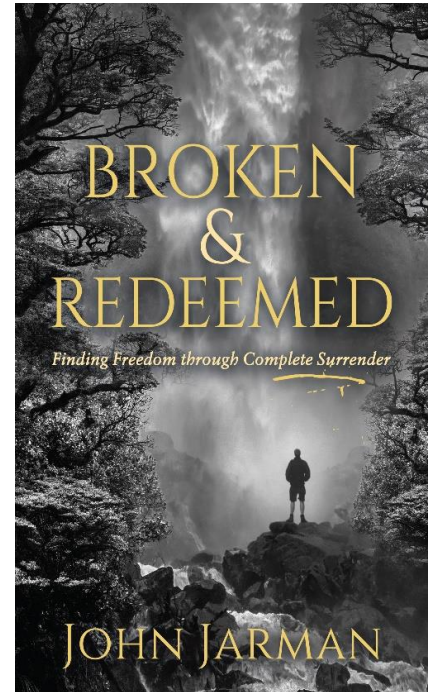
<https://www.linkedin.com/in/john-jarman-13907a226/>



***Broken and Redeemed* is the story of one man's journey, beginning with John Jarman's troubled childhood and challenges as an adult, and resolving as he finds redemption in the grace of God.**

John Jarman openly writes of his challenges, failures, losses, and blessings on the pages of *Broken and Redeemed*. While exploring himself through counseling and mentorship, John was led to completely surrender his life to Jesus, finding strength in faith and power through the presence of the Holy Spirit in his life. He shares with readers what helped him reach this critical juncture and transformation in his life, along with relevant self-reflection and discussion questions for group or personal use.

It is John Jarman's desire that *Broken and Redeemed* guides readers through a deeper examination of their faith—one that exposes how accepting Christ is easy but walking in true obedience will place them in situations they never thought they would encounter. John knows that listening to God's voice and following it will lead willing believers on the path He wants to take them; when they get on board with Him, that is when they truly begin to live!



Morgan James Publishing

AUTHOR: John Jarman
PUBLISHED: Aug. 16, 2022
PAGE COUNT: 240
ISBN: 978-1631958298
PAPERBACK: \$16.99
HARDCOVER: \$27.99

Reviews



“I’ve known John Jarman for almost ten years. Over that time, I have seen him navigate the pain and suffering of his youth with great humility and Holy Spirit-driven persistence. He has persevered through very difficult psychological and emotional landmines while at the same time navigating challenging life circumstances, desperate to get to the bottom of his life story. What a holy journey it has been! This raw and honest depiction is written in simple terms easy for anyone to digest. Divinely inspired, a book worthy of your review, I couldn’t be prouder of John and his autobiographical testimony.”

~ **Scotty Kessler, Sports Ministry and Discipleship Leader, Honorary Doctor of Human Letters, Faith Seminary**

“In a culture that expects a Marine and football coach to be brash and ever-strong, it is refreshing to find a sharing as vulnerable as John Jarman’s *Broken and Redeemed*. Challenge, failing, and loss are expressed openly as the reader is invited to follow his path towards discipleship. Especially meaningful are the chapter reflection questions which invite us to enter into a personal examination. In preaching a message of surrender, John Jarman instructs us effectively in how to find true strength in faith.”

~ **Mary Beth Haynes, Christian Educator**

"*Broken and Redeemed* is a robust testimony to the unlimited power of God to change lives through the gospel of Jesus Christ. John's story reveals the overarching truth of the Bible, which is that there is no level of brokenness or pain that God cannot heal and redeem for His greater honor and glory. If you are looking for an inspirational story that is also a practical guide for growing your faith in Christ, then *Broken and Redeemed* is a must-read for you!"

~ **Dan Shaw, Master of Divinity, Active Reserve Lieutenant Commander Navy Chaplain (Iraq War Veteran), Sr. Pastor Emmanuel Lutheran Church, Tacoma, WA**

As a Marine and someone who came from a broken home, I enjoyed reading this book. I have struggled with some of my own issues over the years, but reading this book allowed me to feel things I have not expressed in many years. This book showed me there are different approaches for all issues. I have often questioned my spirituality, and this book opened up a door that had been closed for quite sometime. A great read ~ *Kindle Customer*

Reviews & Awards



John is an award-winning author. He just received the Literary Titan Gold Award for *Broken & Redeemed*. This is given to authors whose books are found to be perfect in their delivery of original content, utilizing fresh themes to convey innovative ideas, and deftly uses elegant prose to transform words into expertly written literature.

Literary Titans Review



Broken and Redeemed by John Jarman tells his story of redemption. Jarman wasn't always a spiritual person and initially wasn't even convinced that he would want to write a book about his story. But, after seven years of trying and delaying, he finally shared his story about how he was once broken and then found redemption when he was ready for it. The title *Broken and Redeemed* came to Jarman one day in his prayers. It means to highlight how we all are broken, and then once we are ready to come home, we are redeemed.

I really liked this honest book because of the level of self-awareness and humbleness depicted. The author constantly reminds the reader that he, too, is just another flawed and broken human being and not a pastor. This makes the author more relatable and removes the feeling of alienation that people feel in their darkest times. At the end of each chapter, readers will find a set of "Reflection or Discussion" questions that encourage them to actively engage with the book. The author does not want to just share his story; instead, he wants to help readers take steps to find their own redemption.

The overall format of the book is well written with multiple styles. It is interspersed with various quotes, poems, images and formatted with headings and bullet points. This helps keep the reader's interest and makes the book easier to grasp while still maintaining the conversational and personal tone of the book.

Broken and Redeemed would be an excellent book for those looking for a simple spiritual read. The Christian perspective will be inspiring to those who identify as part of the Christian faith. It is also a short memoir for those that enjoy reading about others' personal transformations.

Reviews & Awards

Goodreads



Broken and Redeemed by John Jarman tells his story of redemption. Jarman wasn't always a spiritual person and initially wasn't even convinced that he would want to write a book about his story. But, after seven years of trying and delaying, he finally shared his story about how he was once broken and then found redemption when he was ready for it. The title Broken and Redeemed came to Jarman one day in his prayers. It means to highlight how we all are broken, and then once we are ready to come home, we are redeemed.

I really liked this honest book because of the level of self-awareness and humbleness depicted. The author constantly reminds the reader that he, too, is just another flawed and broken human being and not a pastor. This makes the author more relatable and removes the feeling of alienation that people feel in their darkest times. At the end of each chapter, readers will find a set of "Reflection or Discussion" questions that encourage them to actively engage with the book. The author does not want to just share his story; instead, he wants to help readers take steps to find their own redemption.

The overall format of the book is well written with multiple styles. It is interspersed with various quotes, poems, images and formatted with headings and bullet points. This helps keep the reader's interest and makes the book easier to grasp while still maintaining the conversational and personal tone of the book.

Broken and Redeemed would be an excellent book for those looking for a simple spiritual read. The Christian perspective will be inspiring to those who identify as part of the Christian faith. It is also a short memoir for those that enjoy reading about others' personal transformations.

Interview Topics



- Mental Health Issues That People Face
- The Benefits of Mental Health Counseling
- My Walk with Christ
- What Is Surrender?
- Giving up Control
- Walking by Faith
- Coaching Football

Sample Questions

- Although you talked about it in the book, what truly prompted you to write this book? What was the deciding factor, that made you say, "I'm going to do this?"
- What was one of the most difficult subjects to write about during your "book writing journey?"
- What's your favorite part of the book?
- What's your least favorite part of the book?
- In your recommended reading list which one is your number one favorite and have you read any of them more than once?
- Do you think your book could be made into a movie? Why or Why not?

Public Speaking/Podcasts



John presents “You Haven’t Been Where I Am” – a presentation for high school-age kids. John addresses audiences in these areas:

- Challenges that face teenagers from a broken home
- Overcoming abuse
- Seeking counseling
- Paradoxical commandments
- Listening to your elders

John presents “Mental Health Awareness” – a presentation for all ages. John addresses audiences in these areas:

- What is mental health?
- Overcoming shame and guilt
- The vulnerability needed to find freedom
- Counseling stigma and benefits

John presents “Finding Freedom Through Complete Surrender” – a presentation for all ages. John addresses audiences in these areas:

- Discipleship
- Daily spiritual practices
- Building a relationship with Jesus
- Seeing God’s work and hearing God’s voice
- Invisible warfare

Podcast Appearances

- Winning Words
- Victorious Souls Podcast
- Your Voice
- Inspirational Journeys: Stories that Matter.

- Bleeding Daylight
- Bible Jazz
- Catholic Life Coach for Men
- The Wounds of The Faithful
- Linda's Corner: Faith, Family, and Living Joyfully
- Inspired Stewardship
- Everyday's A Monday
- Motivational Monday
- Finding God in Our Pain
- True Man
- Where Did You See God
- Barbells & Brothers
- The Limping Helpers
- Kingsugi Talks
- Resilience in Life and Leadership
- KOG Entrepreneur Show
- The Grind Defined
- WOVE Inspiration
- Seven Mile Chat
- Come to Jesus
- Raising Lions
- The Vintage Café
- Qualified Lessons in Loss
- Holes 2 Whole
- A Walk Through the Word
- Intentional Guy
- Everyday Conversation Regarding Mental Health
- Coffee Chat with Camile
- The Truth of the Matter Is
- Label Free
- A Contagious Smile
- Off the Deep Edge
-