



# In Capable Arms: Living a Life Embraced by Grace

*Sarah Kovac*

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## **In Capable Arms: Living a Life Embraced by Grace** Sarah Kovac

Sarah Kovac was born with Arthrogryposis Multiplex Congenita (AMC), a rare congenital birth defect that left her with arms that she could barely use. Growing up, she was the only one in her class with a disability, setting her apart as “different” and unpopular. Realizing her unique place in the world, Sarah began adapting, working to her strengths, and eventually learned to use her feet to do such activities as changing her son's diapers, making dinner, putting on makeup, and even typing on the computer--even as she grew in spiritual and emotional maturity and independence in exceptional ways.

Picked up by national news network CNN, Sarah’s story went viral and she was suddenly presented with a platform from which to share her love for God. *In Capable Arms* brings readers on Sarah’s journey, crying with her through intense frustration and the desire to be perfect, cheering her through physical training and pain, and admiring her eventual spiritual surrender as she let go of her insecurities and let God use her . . . even her crippled arms.

Sarah brings readers face to face with their own struggles, challenges them with questions about self-worth and fear, then offers guidance, wisdom, and inspiration for finding hope—and healing—in the arms of the One who loves them no matter what.

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