

ABOUT THE AUTHOR: KAREN EHMAN



KAREN EHMAN is a Proverbs 31 Ministries speaker, a *New York Times* bestselling author, and a writer for *Encouragement for Today*, an online devotional that reaches over 4 million people daily. She is the author of seventeen books including *Keep It Shut*, *Pressing Pause*, and *Keep Showing Up*.

Karen's latest book, ***When Making Others Happy is Making You Miserable: How to Break the Pattern of People Pleasing and Confidently Live Your Life*** (Zondervan, August 2021) was birthed during a season of dramatic change in her life.

A couple years ago, as Karen was struggling people-pleasing and overcommitment, she was reading in the first chapter of Galatians. Though she had read it before, the apostle Paul's words in verse ten spoke with fresh meaning: "Am I now trying to win the approval of human beings or of God? If I were still trying to please people, I would not be a servant of Christ." *Hold on*, she thought, *people in Bible days struggled with people pleasing?* Over the next few days, Karen talked to God and dug into his Word, and she sensed God telling her to do something quite out of the ordinary. She ran the idea by her husband then embarked on a summer of 'no' and 'necessary.'

For three months, Karen did only the things necessary for her work, her home and her family. Nothing else. No outside guests. No offering to watch someone's children. No solving other people's problems. No signing up for even simple things or saying yes to truly wonderful things. Though it sounded severe, it was her first real break in over twenty-five years of adult life. And she needed a break – something fierce – so she could rest and take stock of her deepest priorities. Karen emerged from that summer with a new ability to discern and decide what pleases God, rather than people. And since that summer, her discernment has continued to sharpen.

Karen's new book, ***When Making Others Happy is Making You Miserable***, opens with an invitation that springs from her own experience, "I invite you to join me on a pathway I am still learning to walk. I'm just a few steps up ahead, navigating my way but finding the hike less scary and less difficult as it becomes more familiar. Together we will learn to walk closely – and confidently – with our loving Creator, despite the opinions and expectations of others."

Karen Ehman's passion is to help women to live their priorities as they reflect the gospel to a watching world. Married to her college sweetheart, Todd, the mother of three, and mom-in-law of two, she enjoys antique hunting, cheering for the Detroit Tigers, and feeding the many people who gather around her mid-century dining table for a taste of Mama Karen's cooking. Connect with her at www.karenehman.com.

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When Making Others Happy is Making You Miserable
How to Break the Pattern of People Pleasing and Confidently Live Your Life
by Karen Ehman www.karenehman.com
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Pamela McClure, McClure Muntsinger Public Relations, pamela@mmpublicrelations.com