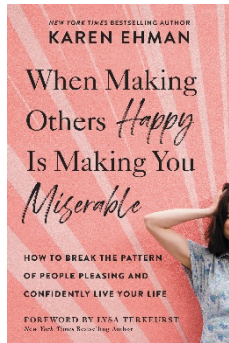


## ADVANCE PRAISE

*When Making Others Happy Is Making You Miserable*

By Karen Ehman, with foreword by Lysa TerKeurst

---



Don't you wish you'd learned years ago how to say no in a caring and honoring way? With her personal experiences and the truth of God's Word as her blueprint, Karen has created a valuable resource to guide the approval addict out of a life stifled by misery.

—**Chrystal Evans Hurst, bestselling author and speaker**

Karen offers ways to put your people-pleasing tendencies in perspective so you can experience the freedom and happiness you deserve. This book is a great guide to help you break free from the toxic patterns of pleasing others at the risk of losing yourself.

—**Rebekah Lyons, bestselling author of *Rhythms of Renewal* and *You Are Free***

I'm so grateful to Karen Ehman for writing a book on the much-needed topic of people pleasing. As someone who has struggled with being miserable, anxious, and stressed over what people think about me, I constantly need reminders of the truth that it's not my job to win the approval of others but to instead honor the Lord with my life.

—**Crystal Paine, *New York Times* bestselling author, podcaster, founder of MoneySavingMom.com**

Karen Ehman's books are always practical, purposeful, and firmly rooted in Scripture. This one is all that and more. Digging deep into her own people-pleasing heart, Karen mines priceless gems that sparkle with truth. And, like diamonds, those hard truths cut through our resistance to change, helping us focus on pleasing God rather than people. Her best book yet.

—**Liz Curtis Higgs, bestselling author of *The Girl's Still Got It***

If the "people pleaser" in you is allowing others to pull you apart at the seams, this book will help put you back together again! In Karen Ehman's new book, you will encounter the good news of God's approval of us in Christ—an approval that will enable you to love others, in time, deeply and freely.

—**Dr. Patrick Schwenk, pastor, cohost of *Rootlike Faith Podcast*, coauthor of *In a Boat in the Middle of a Lake***

This book should be required reading for every woman! Karen is masterful at moving from biblical principles to practical application, and she doesn't leave any area of the people-pleasing trap untouched within these pages. Get ready for a real conversation you may not even realize you need to have.

—**Michelle Myers, founder of *She Works HIS Way***

Within the first chapter I felt like Karen was inside my head: How does she know my thoughts? Anyone struggling with people pleasing and approval addiction will feel known by this book—and not just known but led closer to Christ: our savior and ultimate Approver.

—**Phylicia Masonheimer, founder and CEO of *Every Woman a Theologian***

Through pointed stories, sound theology, and practical advice, Karen offers insight and refreshing vulnerability. You'll laugh. You'll gulp. And as you journey with her through the process of exposing people pleasing, you'll rejoice in finding a way forward. May this hopeful book help you replace needless misery with God's boundless acceptance!

—**Justin Detmers, PhD, Riverview Church, REO Town venue pastor**

This book left me feeling convicted in the best way. Karen gives you tools, backed by Scripture, on how to stop living your life at the mercy of others so you can start building a life that pleases God. She teaches you how to say no with confidence so you can live a life less stressed and more fulfilled in the long run.

—**Amber Emily Smith, wife of country music artist Granger Smith; mother; actor; philanthropist, and influencer**

In these pages, Ehman uses insights from God's Word to pinpoint precisely why we struggle with people pleasing, as well as to provide simple steps for living free. If you cannot stop craving approval, this book has good news for you.

—**Sharon Hodde Miller, author of *Nice: Why We Love to Be Liked and How God Calls Us to More***