

Lysa TerKeurst – Biography

Author of *Forgiving What You Can't Forget: Discover How to Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again*

LYSA TERKEURST is president of Proverbs 31 Ministries and the #1 *New York Times* bestselling author of *It's Not Supposed to Be This Way*, *Uninvited*, *The Best Yes*, *Unglued*, *Made to Crave* and 18 other books. Lysa has sold more than six million copies of her books. Her latest book, *It's Not Supposed To Be This Way* appeared on *Publishers Weekly's* bestseller lists 36 weeks in 2019 and is still on national bestseller lists almost two years after publication.

In her brand-new book, ***Forgiving What You Can't Forget: Discover How to Move On, Make Peace with Painful Memoires, and Create a Life That's Beautiful Again*** (November 2020, Thomas Nelson). Lysa helps readers know how to stop suffering from what others have done to them while exploring what forgiveness is, what it isn't, and how to deal with difficult relationships. Her intimate, authentic, and engaging writing style invites women into a safe place where the hard questions are welcomed, the real problems are untangled and the issues are tackled with solid therapeutic and theological help.



TerKeurst is passionate about God's Word. She spends hours each week studying with theological experts and has studied extensively in the Holy Land. She loves to make connections between the Old and New Testaments. Her deepest desire is to help others experience Jesus by unpacking Scripture in the most true and responsible ways so that everyone can relate to and understand how to apply what they learn.

As president of Proverbs 31 Ministries, Lysa and her team have led thousands to make their walk with God an invigorating journey through daily online devotionals, radio programs, online Bible studies, speaker/writing training, and more. Her daily email devotional reaches more than one million subscribers. She has more than 2 million followers on social media. Proverbs 31 has more than 5 million followers. The P31 podcast averages 100,000 downloads per episode and has had more than 1.1 million

downloads in the last 90 days alone.

Each year, Lysa is a featured keynote presenter at more than 40 events across North America, including the Global Leadership Network, Catalyst Leadership Summit, Lifeway Conferences, and Women of Joy. She has a passion for equipping women to be effective communicators and leaders through Proverbs 31 Ministries' annual She Speaks Conference. She is also a sought-after writing mentor through her program COMPEL: Words That Move People through which she has trained hundreds of best-selling authors.

Lysa's personal adventure of following God captured national media attention when she and her husband, Art, adopted two teenage boys from a war-torn orphanage in Liberia, Africa. Lysa's amazing story led to appearances on The Oprah Winfrey Show, Good Morning America, USA Today, and O Magazine. Lysa was awarded the 2012 Champions of Faith Author Award by the Premiere Foundation and in 2019 her book *Embraced* won the ECPA book of the year. Additionally, she has appeared on the Today Show as one of the leading voices in the Christian community.

A mother of five and grandmother of three, Lysa writes from her gray farm table and lives with her family in North Carolina.

Connect with Lysa at: www.LysaTerKeurst.com.
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