



**For Immediate Release**

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## WHEN MAKING OTHERS *HAPPY* IS MAKING YOU MISERABLE

NYT BESTSELLING AUTHOR KAREN EHMAN OFFERS PEOPLE PLEASERS  
HER SECRET SAUCE: "LIVE YOUR PRIORITIES. LOVE YOUR LIFE."

Nashville, Tennessee (June 15, 2021) — Karen Ehman has always loved cooking – and making people happy with her cooking. She’s fed and blessed more people than she can count. But Karen’s efforts to please others had no bounds and went far beyond her kitchen. Her unspoken goal was to make all her people happy all the time – her spouse, kids, friends, colleagues, neighbors and every single mom in her homeschool group. Eventually Karen realized the truth: *making everyone else happy was making her miserable.*

Karen still loves people and loves to see them happy, but their happiness no longer determines her own. She discovered how to break those people-pleasing habits that made her miserable. Now Karen shares her “secret sauce” for a happy life in her forthcoming book, ***When Making Others Happy is Making You Miserable: How to Break the Pattern of People Pleasing and Confidently Live Your Life*** (August 2021, Zondervan). Karen’s secret? Defining her priorities first, then living them out one decision at a time.

“Does trying to keep everyone happy end up making you feel quite the opposite? And, if you’re honest, do you sometimes put people in the place of God?” Karen asks in ***When Making Others Happy is Making You Miserable***. “If these questions spark even a slight yes in your heart, I invite you to join me on a new pathway. You can begin living your true priorities and loving your life!”

*New York Times* bestselling author and Proverbs 31 Bible teacher Karen Ehman remembers how unhealthy people-pleasing habits distracted from her true self and her unique God-given purpose. So now she invites readers to trade in their people-pleasing behaviors for freedom and peace. She explains, “Confident living begins when you focus on your own life purpose – rather than everyone else’s.”

***When Making Others Happy Is Making You Miserable*** empowers readers to quit the pleasing game, reclaim their life, and walk with God in peace and confidence. With vulnerable and humorous stories, biblical insight, and encouragement from someone who's been there, Karen Ehman helps readers:

- ❖ Discover how to live out one’s own priorities despite the opinions and expectations of others
- ❖ Cultivate a strategy for knowing when to say yes and how to say no
- ❖ Implement boundaries with the pushers, pouters, guilt bombers and others who try to call the shots
- ❖ Learn to navigate the tension between following God and loving people

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Zondervan has launched a pre-order campaign for ***When Making Others Happy is Making You Miserable***, which releases August 3, alongside national marketing and publicity campaigns. Interviews with Karen are available now.



**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 has written seventeen books including *Keep It Shut*, *Pressing Pause*, and *Keep Showing Up*. Karen'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, Karen is 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. [www.karenehman.com](http://www.karenehman.com)

**Zondervan** is a world-leading Bible publisher and provider of Christian communications. Zondervan, part of HarperCollins Christian Publishing, Inc., delivers transformational Christian experiences through its bestselling Bibles, books, curriculum, academic resources, and digital products. The company's products are sold worldwide and translated into nearly 200 languages. Zondervan offices are located in Grand Rapids, Michigan. [www.zondervan.com](http://www.zondervan.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, with foreword by Lysa TerKeurst  
[www.karenehman.com](http://www.karenehman.com)

Available August 3, 2021, from Zondervan  
Paperback, 224 pages, \$18.99, ISBN 978-0-3103-4758-3  
Also available as e-book

Review copies, reprint permission and interviews are available.  
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## ABOUT THE AUTHOR: KAREN EHMAN

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**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](http://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](http://www.karenehman.com)  
Review copies, reprint permission and interviews are available.  
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## SUGGESTED INTERVIEW QUESTIONS

KAREN EHMAN - AUTHOR OF  
*WHEN MAKING OTHERS HAPPY IS MAKING YOU MISERABLE*

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*“Are you ready to make some life-shifting changes, pivoting in a way that pleases God and loves people, without letting others run your life? It is possible! You can live your priorities and love your life.”*

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- Karen Ehman, a *New York Times* bestselling author and recovering people pleaser, has entitled her new book: *When Making Others Happy is Making You Miserable*. Karen, why and when does trying to *make others happy* backfire?
  - A few years ago, you realized you were trapped in the prison of people pleasing. As a result, you created a major life reset by observing “a summer of necessary and no.” What did that season look like? How did it help realign your life and priorities?
  - What is the difference between being a people pleaser and being a God pleaser? Are they mutually exclusive?
  - You had to face some internal fears before you could relinquish people pleasing. What fears did you have to tackle? What other fears keep women stuck in people pleasing?
  - Karen, when you quit trying to make everyone else happy, some folks were not too thrilled about it. You describe some of these demanding folks in a chapter called, “Pushers, Pouters, Guilt-bombers and others who try to call the shots.” Tell us more.
  - Smartphones allow people to demand attention regardless of time or place. How do we stick to our priorities when *all the people* have access to us *all the time*?
  - How did you come to recognize you were a “fabulous fibber”? How had you previously justified little dishonesties? Describe a strategy that helps you communicate more honestly.
  - You write that “we teach others how to treat us.” How so? How do setting and enforcing boundaries impact what we teach others?
  - When it comes to saying no to others, you claim that, “You can still say yes to a friendship while also saying no to their request.” What does this like?
  - Some women feel that being “nice” requires them to be available 24/7 for friends and family in crisis. How can that constant availability actually hinder another person’s spiritual growth?
  - Karen, what grid do you use for determining who and what to say yes to? How do you discern when to say *no*?
  - Your book offers seven “stop it” statements for recovering people pleasers. Would you share a few favorites from that list?
  - You invite women to take time to “stop the siphoning of their souls.” What does this mean to you? How is Jesus a role model for rest and self-care?
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**AUTHOR:** Karen Ehman is a *New York Times* bestselling author and a speaker for Proverbs 31 Ministries [www.KarenEhman.com](http://www.KarenEhman.com)

**TITLE:** *When Making Others Happy is Making You Miserable* (August 2021)

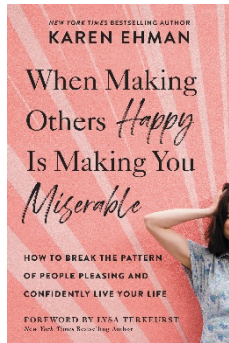


## ADVANCE PRAISE

*When Making Others Happy Is Making You Miserable*

By Karen Ehman, with foreword by Lysa TerKeurst

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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***