



**For Immediate Release**

Contact: Pamela McClure, 615-294-5073

[pamela@mmpublicrelations.com](mailto:pamela@mmpublicrelations.com)

## 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)

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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)

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Pamela McClure, McClure Muntsinger Public Relations, [pamela@mmpublicrelations.com](mailto:pamela@mmpublicrelations.com)