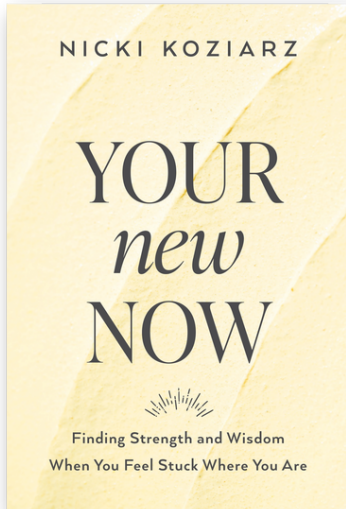




## NICKI KOZIARZ OFFERS WOMEN GUIDANCE FOR SEASONS OF CHANGE AND THAT UNCERTAIN FEELING OF "NOW WHAT?"

Proverbs 31 Speaker and Bestselling Author Offers Wisdom from the Life of Moses in *Your New Now: Finding Strength and Wisdom When You Feel Stuck Where You Are*



Minneapolis, Minn., December 1, 2022 –**Life transitions can be tricky.** Even the most welcome changes - a wedding, graduation or dream job - can bring a flood of conflicting feelings, from joy and delight to vulnerability and anxiety. As one season closes and another begins, a single overarching question may come into focus: *What on earth am I supposed to do now?*

**Nicki Koziarz**, like so many other women, has wondered, What now?, during seasons of life change. Whether transitioning from working in an office to at home, raising teenagers on the edge of adulthood, or navigating the painfully slow process of adoption, Nicki has often felt lost in the middle spaces of life. Now she offers a new book filled with experience, hope and guidance for life's transitions – ***Your New Now: Finding Strength and Wisdom When You Feel Stuck Where You Are*** (Bethany House, March 2023).

Alongside a study of Scripture in preparation for this new book, Nicki Koziarz also surveyed a variety of women about their own life changing experiences. As a result, she was able to identify four common seasons of transition (development, separation, cultivation and finished) which provide the framework for ***Your New Now***. A free assessment at Nicki's website will help readers determine which season they are in today.

Nicki's survey also revealed that the emotions and questions of a woman trying to find her next job closely related to the woman who had just experienced a divorce. And the mom sending her first kid to kindergarten had responses almost identical to the woman who was about to get married. Those shared emotions and concerns, across all ages and experiences, helped Nicki identify the fears that arise during seasons of change – and helped guide the content of ***Your New Now***.

“We are always in some place of transition,” Nicki writes. “My hope is that as we start to see how God is actively moving in our lives, we will stop resisting the process of transition. We can walk through these places of our lives with confidence that while we may feel lost or alone, God is doing things behind the scenes we just don't know about yet.”

***Your New Now*** explores the life and character of Moses with the goal of helping readers navigate life's winding turns, recognize that they are not lost and experience peace and confidence right where they are now. Nicki Koziarz's new book combines biblical insight with practical tips for readers who want to:

- Stop feeling lost in transition and discover exactly where they belong on the road between what was and what is
- Overcome self-disillusionment during times of transition by untangling their own unrealistic expectations and those of others
- Create a biblically based plan to protect their places of emotional vulnerability by utilizing Scripture to feel encouraged instead of exposed

**Your New Now** will be published simultaneously in paperback, with a mini study guide included, and as an eBook. Readers can join an online community (Facebook Group - Your New Now Conversations) to discuss what they learn. Bethany House will launch a national pre-order campaign in mid-January 2023, and Proverbs 31 Ministries will feature **Your New Now** as an Online Bible Study during the summer of 2023. A national publicity campaign is underway, and Nicki Koziarz is available for interviews.

## About Nicki Koziarz



**Nicki Koziarz** is an ECPA bestselling author and a speaker with Proverbs 31 Ministries. She speaks nationally at conferences, retreats, and meetings and hosts her own podcast, *Lessons from the Farm*. An evangelist at heart, Nicki inspires others to become the best version of who God created them to be. Nicki, her husband, and their family run a small farm just outside of Charlotte, North Carolina, which they affectionately call The Fixer Upper Farm. Learn more at [nickikoziarz.com](http://nickikoziarz.com).

**Bethany House** has been publishing high quality books for over 50 years. From humble beginnings as a publishing ministry for a missions organization, they are now a division of Baker Publishing Group, one of the top Christian publishing houses. Bethany House seeks to uplift readers' families, faith, and free time with our library of industry-leading fiction and bestselling, Christ-centered nonfiction. Their nonfiction encompasses a variety of subjects, including Christian living, family resources, theology, heaven, and many more. Baker Publishing Group publishes high-quality writings that represent historic Christianity and serve the diverse interests and concerns of evangelical readers. For additional information, please visit [bakerpublishinggroup.com](http://bakerpublishinggroup.com).

### *Your New Now:*

#### ***Finding Strength and Wisdom When You Feel Stuck Where You Are***

By Nicki Koziarz     [www.NickiKoziarz.com](http://www.NickiKoziarz.com)

**Release date:** March 14, 2023

**Publisher:** Bethany House (a division of Baker Publishing Group)

**Trade Paper:** ISBN 9780764237003, \$17.99, 208 pages

**E-Book:** ISBN 9781493440740, \$17.99

**Contact:** Pamela McClure, McClure Muntsinger Public Relations  
615-294-5073     [pamela@mmpublicrelations.com](mailto:pamela@mmpublicrelations.com)

## Suggested Interview Questions for Nicki

- ▶ Nicki, your latest book is on the in-between seasons of life – that space between what was and what is to come. Tell us what you mean by the title **Your New Now**.
- ▶ Tell us what your personal “new now” looks like today. What one overarching question has come to mind repeatedly during this season?
- ▶ Before you began writing this book, you surveyed a number of women in different seasons of life about their experiences of life changes. What did you discover? What feelings and questions do women have in common as they face life’s transitions?
- ▶ You chose to study the life and character of Moses in relation to transitional seasons. Why did you choose Moses?
- ▶ Your book is built on the framework of the four seasons of transitions—development, separation, cultivation, finished. Can you unpack these for us? For our listeners who want help determining which season they are in, how can they access your free online assessment?
- ▶ **Your New Now** includes a ‘mini’ Bible study right inside the book, at no extra cost. Is this a tool that would work well for a group Bible study?
- ▶ You write that “Daily acknowledgment of where we are can help us stop holding on to the past or fearing the future and learn to embrace our now.” How do you apply that in your own life?