



Karen Ehman, "the keep it simple woman."

Karen Ehman has been described as profoundly practical, engagingly funny and downright real. She is a member of the *Proverbs 31 Ministries* national speaking team and is a columnist for the *Hearts at Home* monthly magazine, an organization for which she also teaches workshops and is on the drama team. She has her own weekly radio spot on the WCIC family of radio stations in central Illinois entitled "The Keep It Simple Woman". Karen is the author of four women's books including *A Life That Says Welcome: Simple Ways to Open Your Heart and Home to Others* and *The Complete Guide to Getting and Staying Organized*. She is also the project creator of the *Hearts at Home Just for Mom's Planner* an organizational tool designed specifically for the purpose of helping mothers organize their personal and family lives. She has been a guest on national television and radio programs including *The 700 Club*, *At Home Live*, *Engaging Women*, *The Harvest Show*, *Moody Midday Connection* and Dr. James Dobson's *Focus on the Family*. She is a graduate of Spring Arbor University with a B.A. in Social Science and has been married for over 20 years to her best friend Todd. She is the mother of three sometimes quarrelsome, but mostly charming children: Mackenzie 16, Mitchell 12 and Spencer 9. Before motherhood, Karen was a teacher and cheerleading coach who actually had hobbies. Now she spends her days homeschooling, carpooling, or parked in the volleyball bleachers or little league stands. Though hopelessly craft-challenged with pitiful, partially finished scrapbooks, she enjoys baking and cooking and has won several blue ribbon rosettes at various county fairs for her cookies, cakes, pies and breads. She travels from Lansing, Michigan.

Available beginning January 2008...

Finding it hard to keep your ducks in a row when there are kiddos and a hubby just waiting to knock them all down again? Fear not! *The Complete Guide to Getting and Staying Organized* offers doable ideas for managing your time, organizing your stuff and keeping your priorities in place. This book tackles avoiding over-committment, streamlining your homemaking tasks and is packed with tons of ideas and recipes. You will be inspired to efficiently take care of the "have tos" of life so you and your family can actually get around to the "want tos"!



**Also by
Karen Ehman:**

Invite Karen to *Speak...*

Karen loves to speak to women's groups! Whether it is a MOPS or moms group, a women's Bible study, your Christmas Tea, Mother-Daughter banquet or ladies retreat, she will delight your audience with her practicality, candor and humor as she gently points them to our Lord!

A Sampling of Karen's Speaking Topics:

Why The Joneses are Over-rated— Ever play the “if only...” game? “If only I had more money, more time, a bigger house, a different husband ...then I'd be happy.” The truth is that comparisons kill contentment and changing our circumstances rarely changes us. The key is changing our perspective. Discover how to fully embrace your current lot in life, welcoming all that God will teach you through it, as you endeavor to cultivate contentment.

Let Freedom Ring — What is holding you captive? Are there issues and actions that keep you from living a life that pleases God and truly satisfies you? Tackling the three areas in which we need to experience freedom—from the pain of our past, from the pressures of the present and from the fear of the future, we'll discover how true spiritual freedom results from living a life spent running hard after God rather than running from Him.

A Marriage Made in Oz — Do the male-female differences in your marriage have you thinking your husband has no brain like the Scarecrow, no heart like the Tin Man and is as cowardly as the Lion? And all the while he thinks you are behaving like the wicked witch! Throw a few munchkins into the mix and it really gets interesting! In this lighthearted session we'll explore how to overcome different personality differences and get your marriage back on the right —though maybe not yellow brick—road.

Extreme Makeover Heart Edition — Into this talk Karen weaves her story of losing and keeping off over 100 pounds. The biggest transformation in her life, however, was not in her appearance. God wanted to give her an extreme makeover of the heart. She will inspire your audience to take inventory of their hearts and lives making the necessary changes in order to become a project God can continually work on and ultimately use for His glory.

A Life That Says Welcome — With humor and transparency, Karen relates the tale of marrying into a family full of interior decorators, caterers and Bed and Breakfast owners, while she herself couldn't even boil water! She will show you that “entertaining” seeks to impress others; hospitality seeks to bless and refresh them instead. This talk includes several cooking-for-a-crowd menu ideas, kid-friendly favorites and sweet and simple decorating tips.

Keeping Your Ducks in a Relative Row — This idea-driven talk tackles home and time management in a lighthearted, doable manner. Whether you are a mostly messy who can't seem to get organized or a Nancy neat-nick who alphabetizes her spice cupboard, you'll find encouragement to acquire the method of organization that best fits your personality.

Let Dad Be Dad — With laughable honesty, Karen relates how she transformed from being a control freak about parenting the kids to a mom who encourages her husband to father his children in his own unique style. With a look at marriage, parenting and our extended families she shares both the why and the how to “let dad be dad” so that any mom can learn to smile and support instead of shouting, “Honey, what were you thinking?”

Have Yourself A Stress-Free Little Christmas — Are your holidays a frenzied blur of activities, crisis shopping and secular trappings that have nothing to do with the true essence of the season? Armed with strategies to simplify and de-stress, this year can be different! Be challenged to teach your children to focus on others rather than suffer from the “it's all about me!” syndrome. And when the fruitcake is finished and that last strand of lights is taken down, you'll all feel blessed, not stressed!

What Others are Saying...

“Karen Ehman is an honest, funny, inspiring speaker that you will not soon forget! She encouraged me to finally get serious about losing my baby weight. Twenty-five pounds later... I'm healthier and happier than ever. If you want your women to walk away feeling empowered, encouraged, and energized - invite my friend Karen Ehman.”

Lysa TerKeurst, author, speaker, wife, mother of five and president of Proverbs 31 Ministries

“Karen is the most thoughtful and creative person I've ever met. What a dear, funny and hospitable friend. When I grow up I want to be just like her.”

Lisa Whelchel, former star The Facts of Life, homeschooling mom, speaker and author of Creative Correction, The Busy Moms Guide to Prayer and The ADVENTure of Christmas

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