

# Bio Sketch

## PAM FARREL

Pam Farrel is a bestselling author and popular international marriage conference speaker. Together, she and her husband, Bill, direct Masterful Living and Farrel Communications, organizations dedicated to helping people build successful relationships.

With her husband, Farrel has authored the bestselling *Men Are Like Waffles—Women Are Like Spaghetti* and its companion study guide, as well as *Single Men Are Like Waffles—Single Women Are Like Spaghetti*, *Every Marriage is a Fixer Upper*, and *Red-Hot Monogamy*. Her other book titles include: *The 10 Best Decisions a Woman Can Make*, *The 10 Best Decisions a Parent Can Make*, and *Got Teens?* coauthored with Jill Savage, president of Hearts at Home. She has also written *Woman of Influence* (Intervarsity Press) and *Devotions for Women on the Go!* with coauthor Stephen Arterburn (Tyndale). Also, recently released is a DVD series of *Men Are Like Waffles—Women Are Like Spaghetti*, produced by Lifeway.

In ***Fantastic After 40!***, her latest release, Farrel shares words of encouragement and challenge especially for women between the ages of 40 and 60. With biblical wisdom, practical advice, and plenty of humor, she offers 40 suggestions for forging a fulfilling future. Women will find plenty to look forward to when Farrel discusses the many facets of a woman's life, including her health, interpersonal relationships, fitness, peace of mind, experience, and attitude. Perfect for personal or group study, *Fantastic After 40!* is the essential guidebook for every woman who wants to "choose joy" and maximize midlife and beyond. With this book's release, Farrel has also launched a new ministry for women ages 40-65, called Seasoned Sisters, whose mission is to encourage, educate and equip women to make "the rest the best" in life's second half. For more information, please visit [www.seasonedsisters.com](http://www.seasonedsisters.com).

With more than 20 titles on marriage and family relationships to her credit, Farrel's books have been endorsed by Stormie Omartian, Michelle McKinney Hammond, Fern Nichols, Stephen Arterburn, John Trent, Jim Conway, Florence Littauer, Stuart and Jill Briscoe, Dave and Claudia Arp, Bunny Wilson, Carol Kent, Anita Renfroe, and other leaders in the Christian community.

Tapping into her keen ability to help women reach their God-given potential, Farrel has served as a youth worker, senior pastor's wife, radio talk show host, writer, and speaker. She has provided leadership training and worked to practically equip and encourage women for more than 25 years. A sought-after speaker for women's events and conferences, her enthusiasm and practical Biblical teaching have encouraged audiences ranging in size from 100 to more than 6,000.

An engaging media guest, Farrel has appeared on radio and television programs including: *Focus on the Family*, *Truths that Transform*, *Life Today*, *Concerned Women for America*, *Parent Talk*, *Family Life Today*, *Janet Parshall's America*, *Midday Connection*, *Open House*, *100 Huntley Street*, *Main Street*, *It's a New Day* and several other network TV shows.

Pam and her husband, Bill, are the parents of three active children, ages 15 to 22, have recently welcomed a new daughter-in-law to the family, and are expecting their first grandchild later this year. To relax, Pam and Bill enjoy cheering for their sons at sporting events, reading, and exercising together, especially when it consists of a long walk at the beach.



### ***Fantastic After 40!***

#### **To schedule an interview please contact:**

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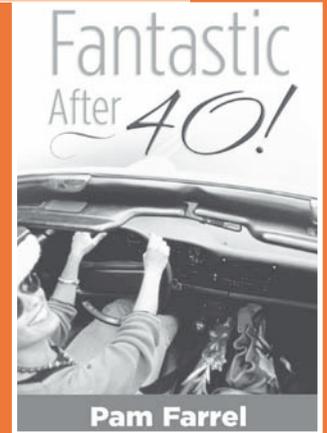
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# Interview Questions



for Pam Farrel, author of  
*Fantastic After 40!*

- ✿ With changes in life such as menopause, the empty nest, and dealing with aging parents—how can life be fantastic after 40?
- ✿ Your life philosophy is “Choosin’ Joy.” What does that mean, and how can a person do that?
- ✿ You have a set of recommendations to help women T.H.R.I.V.E. after 40. Will you share those with us?
- ✿ Interpersonal relationships can get complicated after 40 when it comes to dealing with teens, prodigal children, in-laws, or adult children. Yet you have a system for bringing C.A.L.M. to a family or a life. What do you recommend?
- ✿ What are some ways women can take better care of their own health after 40?
- ✿ You have begun a new ministry to women in their forties and beyond called Seasoned Sisters. Tell us how that ministry began and why women may want to connect to Seasoned Sisters.
- ✿ When women reach their forties, they often find their marriage relationships at a stressful point. Why? What is going on in a midlife marriage?
- ✿ You talk about Red Dress Parties. What are they, and why do you suggest women have them?
- ✿ What role should fitness play in a woman’s life after 40?
- ✿ Do you have any diet tips for women over 40?
- ✿ You believe a woman’s best years and brightest contributions are in front of her at 40. How can a woman maximize her midlife and beyond? There is also a Bible study at the back of the book. How can women best utilize the study?
- ✿ You use a lot of humor in *Fantastic After 40!*. Why the emphasis on humor?



ISBN 978-0-7369-1877-0  
\$11.99  
April 2007 release  
5½ x 8½ Trade  
240 pp.

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