

Amy has been madly in love with her husband Barry for over 30 years and is the mom of two young men—Anson and Nolan—and a lovely daughter-in-love, Madison.

Amy is a speaker and writer for Proverbs 31 Ministries, the author of *Exhale* and *Breaking Up with Perfect*, and co-host of the Grit ‘n’ Grace podcast. She also serves other women who are called to speak through Next Step Coaching Services.

You can find her on any given day reading a book, typing at her computer, texting her adult sons or trying to figure out one more alternative to cooking dinner.