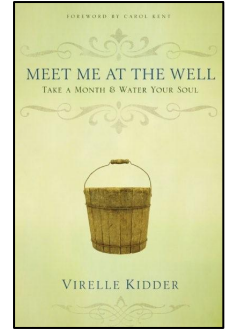


FOR IMMEDIATE RELEASE :

Broken and Weary at the Well

When life overwhelms, drink from the well of rest and restoration

Los Angeles, Calif— Medical researchers report that stress is one of the primary contributors to heart disease, cancer, and other serious illness. People face stressful situations daily with a poor economy, job insecurity, financial pressures, illness, marital problems, parenting challenges, and these can take a toll on women who can become chronically irritable, moody, and even mentally or physically ill.



Author and speaker **Virelle Kidder** knows how frazzled and fragile women can get. In her new release, *Meet Me at the Well* (Moody Publishers) she shares times when her life reached a near breaking point after eight years as a caretaker for a mother with Alzheimer's, plus caring for a daughter with a mental illness who returned home broken by an abusive marriage and divorce. In the midst of all this, her eldest daughter suffered with lupus, and Virelle was diagnosed with Bell's Palsy (facial paralysis). During the writing of *Meet Me at the Well*, Virelle's husband Steve suffered a massive heart attack that required bypass surgery.

"I'd become so used to living with toxic levels of stress, I thought it was normal," Kidder confessed. It took chest pains, high blood pressure, and an outbreak of hives for the emotionally exhausted author to take stock of her own condition. With her doctor's encouragement, she began a time of restoration for body, mind, and spirit.

Meet Me at the Well shares Kidder's journey toward renewal drawing from the living water Jesus promised in John 4:14 for thirsty, tired souls: "Whoever drinks from the water that I will give him will never get thirsty again—ever! In fact, the water I will give him will become a well of water springing up within him for eternal life" (HCSB).

Meet Me at the Well offers readers 31 days of deep refreshment, encouraging them to drop their spiritual façade in favor of honest emotion, releasing their fatigue, anger, fears, and doubts to God. The month-long journey toward healing includes

- Identifying physical, emotional and spiritual exhaustion
- An honest look at one woman's struggle to find wholeness
- Practical advice for healing mind, body, and spirit
- Journaling suggestions to help develop greater closeness with God

Meet Me at the Well reminds readers of God's promise to shoulder our burdens and give strength to the weary who put their trust in Him.

Virelle Kidder is a full-time Christian author and conference speaker. She formerly hosted a daily radio talk show in New York, is widely published in national magazines, and is a mentor for the Jerry B. Jenkins Christian Writers Guild. Kidder and her husband, Steve, have four grown children, eight grandchildren, and have found renewal in their retirement home in Sebastian, Florida. *Meet Me at the Well* is Kidder's fifth book. Visit www.virellekidder.com.

About *Meet Me at the Well*:

Meet Me at the Well by Virelle Kidder. Published by Moody Publishers. March 2008. Paperback, 228 pages. \$13.99. ISBN: 978-0-8024-4861-3.

About Virelle Kidder

Author of *Meet Me at the Well: Take a Month and Water Your Soul*

For more than twenty-five years **Virelle Kidder** has been doing what she loves best, speaking to audiences around the country and abroad about the love of Christ. Virelle is a “people person” who relates instantly and warmly to audiences of all sizes. She is funny, transparent, highly relatable, and solidly biblical.



Meet Me at the Well is Virelle’s fifth book. Other titles are *Donkeys Still Talk* (NavPress, 2004), *Getting the Best Out of Public Schools* (with husband Steve Kidder, B&H Publishing Group, 1998), *Loving, Launching, and Letting Go* (B&H Publishing Group, 1995), and *Mothering Upstream* (Victor Books, 1990).

A full-time writer and conference speaker, Virelle also hosted a daily radio talk show in New York’s capital district. Now she’s a Florida resident, still focused on encouraging women on their spiritual journey.

Virelle is widely published in national magazines such as *Moody Magazine*, *Focus on the Family’s Pastor’s Family*, *Decision*, *HomeLife*, *Tapestry*, and others. Her articles have been reprinted in Australia, Germany, Poland, Portugal, Uganda, and the Caribbean islands. As a mentor for the Jerry B. Jenkins Christian Writer’s Guild, she loves helping new writers learn their craft.

Virelle and her husband, Steve, have four grown children and eight grandchildren, and reside in Sebastian, Florida, where they are often seen struggling wildly to dock a very small sailboat, petting manatees, or casting a line in the water.

You can write to Virelle via her website at www.virellekidder.com.

For an interview with Virelle Kidder, contact Ben Laurro at Pure Publicity at 818.753.4056 or Ben@purepublicity.com.

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Interview Questions for Virelle Kidder

Author of *Meet Me at the Well*

1. Tell us about your life “before the well.” How did you know depression was a factor?
2. Why is this problem so common among women?
3. Did Jesus feel the same physical and emotional fatigue we do?
4. How is that possible if you’re “all prayed up” and in the Word of God each day?
5. What bearing does emotional and physical stress have on spiritual health? What suggestions do you have for caring for body and mind, as well as spirit?
6. You talk about the “Woman at the Well” in John chapter four as a rock star, naming her Moriah. Why is she so special to you?
7. You mention feeling angry with God over the things He allows, such as your daughter’s mental illness and the death of Birgitta, your older daughter’s best friend. That’s something most people don’t want to admit. What did you do about your anger?
8. One of the biggest issues you’ve faced is your mother’s Alzheimer’s. A lot of baby boomers are dealing with this right now. What do you do when you run out of love for the difficult people in your life?
9. What advice do you have for other women who find themselves smack in the middle of the “sandwich generation,” caring for adult children and parents?
10. How did things turn around for you? What changed?
11. What have you learned about God since then that you didn’t know before? What has renewal meant for you?
12. Talk to the woman in the same spot today. She’s exhausted from the demands of life, family, work, ministry, even health and marriage. Even God seems distant. What would you tell her?

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Story Ideas: *Meet Me at the Well*

Enough Already! When Stress Makes a Sneak Attack

Sometimes stress builds so gradually, it's hard to know when it's gotten to a dangerous level. Virelle Kidder outlines the tell-tale physical, emotional, and spiritual signs that stress has worn down a once-vibrant woman, then shares ways to recapture one's health.

Loving a Stranger: Alzheimer's Changes Everyone

Kidder's mother's personality changed radically as her Alzheimer's grew worse, making her irrational, suspicious, and quarrelsome. The author shares how she found the grace to care for her mother—and how the experience changed her, too.

Who Cares for the Caretaker Generation?

Women, especially baby boomers, increasingly find themselves caring for adult children *and* their parents, often damaging their own health in the process. Kidder draws from her own experiences to give readers hope and sensible tips for caring for oneself.

When Being Spiritual ... Isn't

In *Meet Me at the Well*, Kidder confronts the erroneous notion that just praying and being in the Word are enough to keep someone from depression or dry spiritual times. She explains the difference between striving to “do” the right Christian things and resting in the presence of God.

Drinking From all the Wrong Wells

When we're overburdened we tend to try to find comfort in the wrong places or wrong ways—overeating, overspending, or oversleeping. Kidder helps readers find true comfort and rest that doesn't come with unpleasant side effects (like weight gain).

Attitude Adjustments: Chiropractic Care for the Heart

Sometimes stressed-out caregivers just don't want to give one more thing to one more person. Kidder understands—she's been there. In this article, she shares how to deal with anger, resentment, bitterness, and fear and learn to develop healing attitudes instead.

Misery Loves Company (So Pick Your Friends Carefully)

Kidder says the company we keep can refresh our spirits or poison them. She details how to know when a friend has become toxic to your emotional health, and how to find and nurture positive, life-giving friendships.

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Endorsements

Meet Me at the Well: Take a Month and Water Your Soul

“*Meet Me at the Well* is for every woman who has ever tried to be all things to everyone and, more often than not, ends up spiritually dehydrated. Virelle Kidder is a master storyteller. Her transparent, captivating writing, coupled with God’s enduring wisdom, offers a refreshing dive into God’s word you cannot afford to miss.”

—**CARMEN LEAL, author & founder of SomeOne Cares Christian Caregiver Conferences.**

“*Meet Me at the Well* is not just another Christian book. It’s a way of life. This book shows us how to be safe in God’s arms . . . to really, really believe He is there at the well for us every day.”

—**PATRICIA LORENZ, inspirational writer, speaker, & author; one of the top contributors to the “Chicken Soup for the Soul” series.**

“Through *Meet Me at the Well*, Virelle Kidder lets us into her life and takes us with her on a month-long journey to dig down to our common source of Living Water. There we are directed to the Word and the truth that He is there, and will meet us, no matter what. I found her message real, warm, and reassuring, and I know many others will too.”

—**NANCY CARMICHAEL, author & former editor of *Virtue Magazine***

“If life has ever left you feeling so completely dehydrated that you could be blown away by even the slightest breeze, then this book is for you. Virelle’s book is an oasis in the desert. It provides a cool, refreshing drink for a parched soul.”

—**LINDA MOORE, Director, By Design Ministries**

“With warmth and honesty, Virelle Kidder invites us to the spiritual well—not only to drink deeply of hope and love but to rest in our heavenly Father’s lap. Read *Meet Me at the Well* and be refreshed.”

—**SANDRA P. ALDRICH, author and speaker**

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