

CONTACT: Ben Laurro, 615-595-8466
Ben@purepublicity.com

JOYFULL

Reality Star on Remaining Steadfast in Her Christian Faith and Leading by Example with a Joy-Filled Life



Minneapolis, MN: We live in a culture that promotes comparison, the pursuit of materialistic luxuries, and quick gratification, but the reality is that none of these worldly offerings secure authentic, lasting happiness. Genuine joy and lasting satisfaction only comes from a faithful relationship with our Creator.

Best known for starring on the Bravo's hit reality series *The Real Housewives of Orange County*, **LYDIA MCLAUGHLIN** has been leading women's Bible studies for over 20 years. Despite the drama on the reality show, Lydia remained committed to be a "joyfull" Christian example to her co-stars. Her hope was to shine a light to a relationship with Christ. She decided to leave after several seasons when she felt God calling her to another ministry.

Lydia's new book, **JOYFULL** (BroadStreet® Publishing), encourages women to pursue joy, confidence, and purpose in the Lord by rooting themselves in gratitude, obedience, and trust in him. She offers biblical guidance on topics that include:

- **Pride:** We are conditioned and even encouraged to boast by putting our talents and anything of worldly value on display. But we must consider pride the enemy, as pride in oneself can create a stronghold that leads to destruction. We are to exalt the Lord and boast in Christ alone, not in our own accomplishments or blessings. (Proverbs 11:2)
- **Comparison:** Comparison steals our joy and causes us pain. The truth is that God designed each of us with unique, valuable gifts. But when we become overly concerned with the lives of others, we often overlook God's work in our own lives. Only we can accomplish the things that God has set out for us to do. (Romans 12:4-6)
- **Rest:** God invites us to a life of freedom, light, and rest. We find R.E.S.T. by Releasing Every Sabotaging Thought, as the truth of the gospel allows us to stand strong against destructive thinking. We were made for a victorious life, not one of defeat, shame, or condemnation. (Matthew 11:28-30)
- **Self-Control:** Our culture celebrates and glamorizes excess and self-indulgence as true success. But self-control protects us from the enemy, who attacks us from within. We must restrain our passions and appetite and cling to what is good, holy, and pleasing to God. (Proverbs 25:28)
- **Gratitude:** We are called to give thanks in all circumstances, not just the happy ones. A truly grateful heart comes from a content soul. And a content soul comes from taking the focus off ourselves and our circumstances and realizing how good our maker is. (1 Thessalonians 5:18)

Lydia draws on relatable biblical stories and figures to illuminate other important elements of the Christian life, such as prayer, accountability, unforgiveness, tithing, and witnessing to others. Featuring life-changing Scripture, questions for reflection, and uplifting prayers, *Joyfull* encourages readers to live each day with a fresh promise of hope and embrace an abundant, joy-filled life.

About the Author:



Lydia McLaughlin is a designer, author, managing editor of luxury men's magazine *NOBLEMAN*, and former star of Bravo's hit series *The Real Housewives of Orange County*.

Lydia grew up in the television industry in Newfoundland, Canada, and has always felt right at home in front of the camera. She joined the season eight cast of *The Real Housewives of Orange County* and was notably vocal about her spiritual beliefs. She took a break from the show to have her third son but returned for season twelve to utilize the show's platform to be a light.

She is such a fan favorite that she and her mother partnered with Bravo TV in 2020 to launch their digital series *Glitter Town*. Viewers loved watching the mother-daughter duo spread love and joy wherever they went.

Most proud of her roles as wife and mother, Lydia has been married to her husband, Doug, for more than fifteen years. They love to travel and experience new adventures together and have three boys: Stirling, Maverick, and Roman. Her official website is www.oclydia.com, and she can be found on social media @OCLydia.

About BroadStreet® Publishing: BroadStreet® Publishing Group is a Christian book publisher that creates meaningful, inspirational products that share God's truth with quality, beauty, and creativity. Its imprints include Belle City Gifts, BroadStreet Español, BookStreet, and BroadStreet Kids. BroadStreet publishes *The Passion Translation (TPT)*, which has sold over 1.5 million copies, as well as Bible study materials, biographies, Christian living nonfiction, devotionals, journals, gift books, planners, children's books, and accessories for books and Bibles. Learn more at www.broadstreetpublishing.com.

Suggested Interview Questions:

1. What is your hope for those who read your book, *Joyfull*? What themes do you feature in *Joyfull*?
2. What do you say to people who believe that lasting joy can be found in worldly pursuits?
3. You write that pursuing the Lord is a daily and intentional commitment. What is your message to busy women who may find this commitment overwhelming?
4. Living as a person of faith does not shield us from pain or discomfort. How does God use those experiences to draw us closer to Him?
5. Many people are so consumed with social media that it becomes an idol or pride trap. How can we utilize social networking to share God's message or be a witness to others?
6. Anxiety is prevalent in our society. What biblical truths can we remind ourselves of whenever we feel anxious or overwhelmed?
7. You initially did not want to do a reality show. What made you change your mind?
8. How did you find the courage to stand strong in your faith while on a reality television show? What did you learn from that experience?
9. Your mom was featured on the show and recently went through cancer treatment. How were you able to help her stay encouraged during this tough journey?
10. Where can we learn more about you?