



# SHAUNTI FELDHAHN

WRITING | SPEAKING | RESEARCH

Shaunti Feldhahn is a best-selling author (over 3 million books sold), popular speaker, and Harvard-trained social researcher. She is also a wife to Jeff and mom to two emerging adult children. Once an analyst on Wall Street, Shaunti now applies her analytical skills to investigate the little things that make a big difference for thriving in life, faith, and relationships.

Drawing on both science and scripture, she loves sharing her practical and eye-opening insights at events for women, marriages (joined by her husband, Jeff, a funny and engaging speaker who all the other husbands connect with), and even worship services (pastors often interview her onstage as the sermon time).

## WHAT PEOPLE ARE SAYING

"I wish you could have been a fly on a wall the past few days after Shaunti spoke at our annual women's event. Echoes of "Shaunti was phenomenal" were everywhere among our team! I couldn't agree more. She has such a gift of authenticity and storytelling that bring her research to LIFE! Her talk was the best part of the night."

Taylor Scott,  
Radio Host, Salem Media Group

## SPEAKING INQUIRIES

If you are interested in booking Shaunti as a speaker, please reach out to Nicole Owens for bookings.

Nicole Owens  
[speaking@shaunti.com](mailto:speaking@shaunti.com)





# SPEAKING TOPICS

*Shaunti would be thrilled to work with you to combine or customize various options that would bring life transformation for your church and community.*

## **The 5 Habits of Happiness: How to go from anxiety and stress to peace and purpose**

Every woman needs to know the five biblical habits of happiness! In this funny, fast-moving, thought-provoking talk based on neuroscience and scripture, Shaunti shares the very practical steps to building the habits of true joy no matter our circumstances. Your women will walk away encouraged, challenged, inspired, and ready to find the abundant life God promises!

## **How to Find Rest in a Busy Life**

"Come to me, all you who are weary and burdened, and I will give you rest." Jesus's promise in Matthew 11:28 is what every woman's heart longs for – yet it seems impossible in our frenetic life. In this incredibly encouraging and helpful talk, Shaunti demonstrates that we can find God's rest even as we go about the good work to which we are called. We can be busy, but we don't have to be stressed. It's all about living according to our design. In His word, God shows us how to find rest for our souls – smack in the middle of life's demands.

## **How to Make a Happy Marriage**

Every couple wants to actually ENJOY their relationship every day. Now they can learn the little things that make a BIG difference for marriage – and laugh out loud while doing it! Shaunti and her husband Jeff share the habits and insights that WORK to make a happy, healthy marriage. (And maybe even a happy bedroom...) Whether couples have a great relationship or want to breathe life into a struggling one, this fascinating, research-based date night (or weekend!) will leave everyone saying, "I had no idea that such-and-such mattered so much...but I can do that!"

## **Restoring Hope for Marriage**

This message (at events, or as a sermon interview or Sunday guest teaching) is profoundly encouraging to a congregation about marriage and the church. Many today are discouraged because of common myths about marriage--including that "there's a 50% divorce rate" and "it's the same in the church." So when marriage issues arise, it is easy to lose hope, which creates a downward spiral. But hearing the truth restores hope! (For example, the divorce rate is closer to 25%; 80% of marriages are happy; and the church has a much lower rate of divorce!) The congregation will be inspired, and realize that a healthy Christian marriage is one of the best ways to reach a watching world.