

MMH
me, myself, and Him
MICHELLE MCKINNEY HAMMOND
BEST SELLING AUTHOR, RELATIONSHIP EXPERT, GLOBAL SPEAKER, EMMY AWARD WINNING TV HOST, SINGER, PASTOR



She's Back!

Emmy Award-Winning, Best-Selling Author Michelle McKinney Hammond is back, anxious to help lead readers through even the most unexpected transitions with her new book: "When Shift Happens: Say Yes to Your Next!" releasing September 12, 2023.

With millions of books sold since her first bestseller in 1997, *What to Do Until Love Finds You*, Michelle's multifaceted career as an author, speaker, singer, producer, actress and entrepreneur has influenced men and women around the world from churchgoers to Hollywood, with a vast reach that's cutting across generations.

Over the course of her career, Michelle has mastered the art of how to face sudden and unwelcome changes, uncovering the difference between how to flourish versus flounder. In ***When Shift Happens: Say Yes to Your Next***, Michelle shares personal experiences of upheaval, empowering others with how she learned to embrace change "with the expectation that something phenomenal awaits."

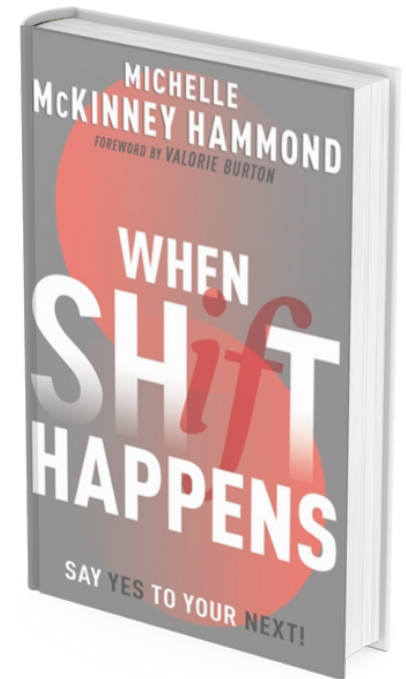
When Shift Happens will:

- Provide practical tools for navigating change
- Give solid spiritual principles for dealing with life's shifts in any era
- Enable readers to consider the value of mistakes
- Show how to embrace change as opportunity
- Explain how to shift perspective to expect the best as God redirects

Michelle brilliantly bridges the gap between spiritual wisdom and life application, showing how God has helped people endure "shift" in every era. She doesn't shy away from sharing her own challenging situations, recounting her experiences with the pandemic, the death of a boyfriend, being fired and rehired twice, recovering from a debilitating car accident, and through it all finding strength through God's leading to view each challenge as an opportunity--a total mind shift that makes it possible and exhilarating to "say yes to your next."

"Mindset is everything when confronted with unanticipated change," Michelle writes in *When Shift Happens*. "You are never out of options unless you choose to be. Emerging cycles all point to one thing--whether you are ready or not, shift happens. It's not the end. There's always a next!"

Immediately following the release of *Shift* is the return of the long-awaited transformational D.I.V.A. PRINCIPLE CONFERENCE (Divine Inspiration for Victorious Attitude) centered on the same themes in her new book, live in Chicago, Illinois, October 13th and 14th, 2023.



When Shift Happens
Michelle McKinney Hammond
9798887690551
Trade Paperback, \$17.99
Release: September 12, 2023
Whitaker House



Michelle McKinney Hammond

Emmy Award-Winner, global entrepreneur, and bestselling author of over 40 books that have sold more than two million copies worldwide, Michelle McKinney Hammond is well known as "The Queen of Reinvention and Empowerment."

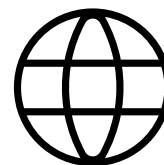
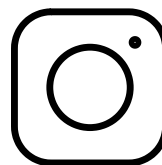
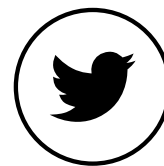
Her first title (*What to Do until Love Finds You: Getting Ready for Mr. Right*; 1997) was an instant bestseller, launching her enormously successful multimedia career as a speaker, singer/songwriter, producer, actress, relationship expert, life coach, and a monumental voice in broadcast media and publishing, including top sellers, *The Diva Principle*; *Sassy, Single and Satisfied*; *101 Ways to Get and Keep His Attention*; and *Secrets of an Irresistible Woman*.

Michelle has appeared as a guest on hit shows including Bill Maher's *Politically Incorrect*, NBC's *The Other Half*, CBN/*The 700 Club*, *Daystar*, *100 Huntley Street*, TBN, BET's *Oh Drama*, *The Michael Baisden Show* as well as a regular relationship segment host on Chicago's WGN Morning News and Fox's *Fox and Friends*. She can be seen in Roma Downey and Mark Burnett's productions of *Women of the Bible* on Lifetime and *A. D., The Bible Continues* as well as *Truth But Fair* segments on lightworkers.com and Light TV.

In print, she's graced the cover of *Today's Christian Woman* and has been covered by *Essence*, *Ebony*, *Jet*, *Black Enterprise Magazine*, *The Chicago Tribune*, and Associated Press. *The New York Times* named her one of the most visible faces in the evangelical advice industry.

Having won an Emmy for her work on Total Living Network's television talk show *Aspiring Women*, Michelle is returning this year to Tri-State Christian Television's *3D Woman* which she previously hosted for eight seasons. She'll be stepping up as the host of *Sunday School Made Simple* for UMI.

A graduate of the Ray-Vogue College of Design (now the Illinois Institute of Art), she received an honorary doctor of ministry from American Bible University and serves as the president of Michelle McKinney Hammond (MMH) Ministries and DivaCor LLC. She splits her time between Ghana, West Africa, and the US, traveling the world for global events, interviews, and engagements.



To schedule an interview, please contact:
Karen Campbell, karen@karencampbellmedia.com or
Judy McDonough, judyekarencampbellmedia.com



Suggested Interview Questions/Conversation Starters

- In *When Shift Happens*, you write “We live in a world that doesn’t prepare us for the future.” In what ways did you feel unprepared for the unexpected, major transitions you’ve encountered?
- What was your inspiration for structuring the book using the four seasons?
- Talk about “divine discomfort”; what is it, and how does it point to a shift that will soon occur?
- What “shift” lessons can we learn from the paralyzed man at the pool of Bethesda in the Gospel of John?
- What is the big “if” in the middle of our shifts?
- If experiencing a “winter of your soul”, what is the first step in deciding to begin again?
- How can regret, and romanticizing the past, impede our progress when we’re in a period of growth?
- Why do you suggest that, instead of asking God “Why?”, we should, instead, ask Him, “What?”
- You write about several experiences from your own life in *When Shift Happens*. Do you find sharing personal stories cathartic, or uncomfortable?
- While we shouldn’t dwell on the past, what lessons from past occurrences can help us prepare for future shifts?

To schedule an interview, please contact:
Karen Campbell, karen@karencampbellmedia.com or
Judy McDonough, judy@karencampbellmedia.com

