**Options for Introductions**

Option #1

Kirsten Panachyda is an author, speaker, Bible teacher, and "retired" homeschooling mom. She lives in Central New York with her husband Dan. They have two young adult sons, who were homeschooled from birth through high school. They are not a bread-baking, gardening, matching-outfit-wearing kind of family. They are a roller-coaster-riding, travel-loving, blue-hair-dying kind of family. They love Jesus and each other, but there is still a certain amount of sarcasm and sass.

Softened by the experience of parenting a son with mental illness, Kirsten writes and speaks to infuse courage into the soul-weary. Her book *Among Lions: Fighting for Faith and Finding Your Rest while Parenting a Child with Mental Illness* is available now. She also writes historical fiction. If you see a dreamy look on her face, she is probably either wandering the byways of ancient Britain in her imagination, or wishing for a cup of coffee.

Option #2

To the above, add:

Kirsten has a few rules:

* If asked, "yes" to whipped cream. Always.
* Hiking wins over treadmill, unless it's impossible. Then, revert to truism: Something is better than nothing.
* This truism also applies to housework. Unless she is getting to the end of a really good book. Then nothing is better. It's all about priorities.
* Treat people as if they have a hidden heartache. Chances are, they do.
* Jesus heals. He delivers and saves. Jesus reigns. In the end, no matter what it's all about, it's all about Him.