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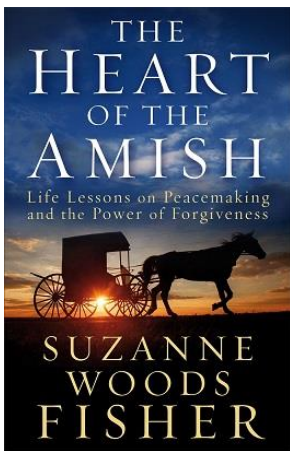


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PRESS RELEASE

The Amish and the practice of forgiveness

Suzanne Woods Fisher reveals what the Amish can teach about peace in letting go



Seattle: Everyone has been hurt. Everyone experiences conflicts, great and small. Everyone has someone to forgive. In ***The Heart of the Amish: Life Lessons on Peacemaking and the Power of Forgiveness*** (Revell/May 5, 2015/ISBN: 978-0800722036/\$12.99), bestselling author **Suzanne Woods Fisher** reveals the lessons that the Amish teach about what to do when we just can't bring ourselves to forgive someone who has wronged us.

The Heart of the Amish invites readers into the world of a people renowned for their ability to forgive. Her in-depth, personal research uncovers the astounding, yet fundamental way the Amish can forgive anyone — from the angry customer at the grocery store to the shooter at the Nickel Mines schoolhouse. Through true stories gathered from a variety of Amish communities, Fisher illustrates how they are able to release their pain and desire for revenge, living at peace with others. Readers will learn how to invite God into *their* stories, apply lessons from the Amish to their own

circumstances, and find the freedom that comes with true forgiveness.

For the Amish, living forgiven is woven into the very fabric of their faith. What does it mean to “live forgiven”? It means inviting God into the friction of our daily situations even when they might seem small, like a pebble in our shoe: not quite irritating enough to take off the shoe, but still there, wearing and wearing and wearing.

Readers will also learn practical tips for modeling forgiveness for their children, as the Amish do from a very early age, teaching them how to be the first to extend the olive branch to others and make forgiveness a habitual way of thinking. “They believe life *isn't* fair — the toast burns, the milk spills, the car breaks down,” Fisher explains. “They believe we are part of an imperfect world, far from the Garden. So when the hard things come into their life — and they do, just like everyone's life — they've had experience with how to manage them.”

What will spill out of us when we are under great stress is what spills out of us *now* in the day-to-day friction of living. Our ability to forgive what seems unforgiveable is deeply connected to how we handle these smaller transgressions: when someone cuts in front of us at the grocery store, when our spouse forgets an anniversary, when our family accidentally locks us out of the house. Fisher says, “Forgiveness is like a muscle. The more it's exercised, the stronger it becomes. Each time you forgive, it becomes easier to forgive the next time.”

Fisher's goal in writing *The Heart of the Amish* is to help readers truly make a habit of forgiving. Readers will be inspired in the art of letting go and finding freedom from anger and bitterness toward others.

Learn more about Suzanne Woods Fisher and *The Heart of the Amish* at www.suzannewoodsfisher.com, on [Facebook](#) ([SuzanneWoodsFisherAuthor](#)) or by following her on [Twitter](#) ([@SuzanneWFisher](#)).

Advance Praise

"Powerful! That's the first word that comes to mind after reading this excellent book. You will be inspired to make changes in your life."

~ Chandler Gerber, featured in the film *From One Second to the Next*

"Powerful. Life-changing insights shared simply. *The Heart of the Amish* can change your life for the better! Suzanne Woods Fisher's stories of the Amish will arm you with tools to forgive and find the path to reconciliation as they draw you closer to God."

~ Elizabeth B. Brown, author of *Living Successfully with Screwed-Up People*

About the author



Suzanne Woods Fisher is a bestselling author of Amish fiction and non-fiction. Her interest in the Amish began with her grandfather, who was raised Plain in Franklin County, Pa. She travels back east a couple of times each year for research (for fun too).

Fisher has a great admiration for the Plain people and believes they provide wonderful examples to the world. She has an underlying belief in her books — you don't have to "go Amish" to incorporate many of their principles into your life: simplicity, living with less, appreciating nature, forgiving others more readily, trusting in God.

When Fisher isn't writing, playing tennis or bragging to her friends about her grandbabies, she is raising puppies for Guide Dogs for the Blind. To her way of thinking, you just can't take life too seriously when a puppy is tearing through your house with someone's underwear in its mouth.

Keep up with Suzanne Woods Fisher at www.suzannewoodsfisher.com, on [Facebook](#) ([SuzanneWoodsFisherAuthor](#)) or by following her on [Twitter](#) ([@SuzanneWFisher](#)).

Suggested interview questions

- Where did you get the idea to write *The Heart of the Amish*?
- What first drew you to the Amish way of life?
- Can you share your research process for this book? Did you find Amish communities were open to talking to you about their experiences?
- The Amish have always held a certain fascination for many. Why do you think they are so interesting to us?
- There has been a recent rash of reality television shows that have awakened a new curiosity in their ways. How has this hurt or helped the Amish?
- What is the number-one lesson the Amish can teach us about forgiveness?
- Many are familiar with the shooting that took place at Nickel Mines schoolhouse, which shed a national light on how deeply committed the Amish are to forgiveness. Why was it so intentional for that community to forgive what happened?
- You say forgiveness to the Amish is not an option — it is essential. What do you mean by that?
- Why is it important to forgive as early as possible, even when the offense is small, like a little pebble in the shoe?
- What are some practical ways the Amish teach their children lessons on forgiveness?
- What are some tips for making forgiveness a daily habit?
- What is your favorite Amish proverb about forgiveness?
- How do you hope *The Heart of the Amish* affects its readers? How did writing this book impact your own life?

To request a review copy of *The Heart of the Amish*, schedule an interview with Suzanne Woods Fisher or for more information, please contact Audra Jennings, audra@liffusegroup.com.