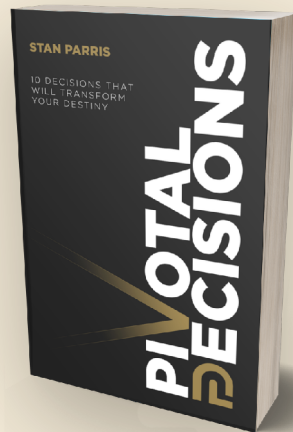




AUTHOR PRESS KIT

PIVOTAL DECISIONS

10 Decisions That Will Transform Your Destiny



BY

Stan
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Senior Pastor,
Franklin Heights Church



MEDIA & INTERVIEW REQUESTS

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Stan Parris, *D.Min.*

PASTOR · AUTHOR · SPEAKER

CREDENTIALS

- ◆ 30+ years pastoral ministry, 18+ as Lead Pastor of Franklin Heights
- ◆ Multi-site church, ~2,000 weekly attendance, Outreach 100 list
- ◆ Founder & Executive Director, FHC Network
- ◆ Former President, Southern Baptist Convention of Virginia
- ◆ D.Min., Asbury Theological Seminary

ABOUT THE AUTHOR

Thirty years pastoring. One clear framework.

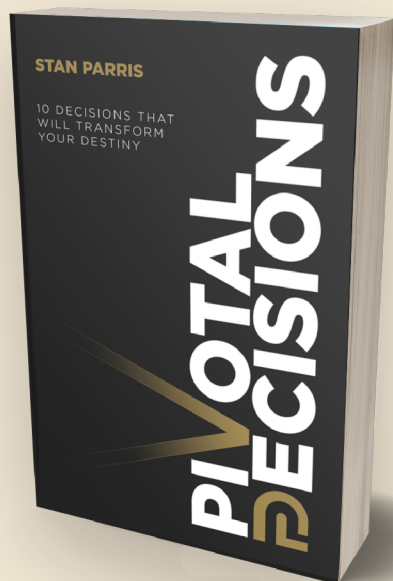
Stan Parris serves as Lead Pastor of Franklin Heights Church in Rocky Mount, Virginia, and Executive Director of the FHC Network, equipping churches to plant, revitalize, and replant thriving communities of faith.

With more than three decades in ministry, Stan helps people and churches make the decisions that shape a lasting future. Under his leadership, Franklin Heights—a multi-site church nearing 2,000 in weekly attendance—earned a spot on the Outreach 100 list of America's fastest-growing churches.

He holds degrees from the University of Tennessee, Southwestern Baptist Theological Seminary, and Asbury Theological Seminary, and hosts the Pivotal Decisions podcast. Stan and his wife, Susan, have two adult sons, Briggs and Glenn.

AREAS OF EXPERTISE

- ◆ Church revitalization
- ◆ Decision-making
- ◆ Church planting
- ◆ Pastoral leadership
- ◆ Community & belonging
- ◆ Biblical application



ABOUT THE BOOK

Your decisions make you.

Pivotal Decisions is a call to stop drifting and start living with intention. Pastor Stan Parris walks through ten decisions—covering faith, relationships, purpose, character, and legacy—for anyone who has wondered, *How did I get here?* or *Is it too late to change?*

Drawing on Scripture and three decades in ministry, Parris offers frameworks readers can use immediately—like the “3-10s Rule” for testing a decision before making it. Each chapter pairs a biblical case with the everyday habits that carry it out.

You cannot always control your circumstances, but you can always choose your response.

WHY IT'S RELEVANT NOW

01

A culture of unprecedented choice, with almost no one taught how to choose wisely.

02

Meets the fear of regret—and the longing for real direction—head-on.

03

A concrete ten-decision framework pastors can teach from immediately.

04

Lands amid a documented loneliness epidemic and record political division—both symptoms of deciding in isolation.

BOOK DETAILS

Publisher Pointe Press LLC

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Pages 209

Price \$15.97

Category Christian Non-Fiction

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TALKING POINTS & Q&A

Ready for any conversation

KEY TALKING POINTS

- ◆ The “3-10s Rule”—asking how a decision will feel in 10 minutes, 10 months, and 10 years—to escape reactive, emotional choices.
- ◆ Roughly 40% of daily actions are habits—most of us are drifting on autopilot, for better or worse.
- ◆ Loneliness carries a mortality risk on par with smoking 15 cigarettes a day—community is not optional.
- ◆ Ten decisions—knowing God, community, purpose, legacy, prayer, forgiveness, focus, generosity, Scripture, service—each tied to a concrete practice.
- ◆ “Remember, repent, return”—Jesus’s own three-step way back for a church that had drifted.

SPEAKING TOPICS

Pivotal Decisions

Keynote

Leading a Church Through Growth Without Losing Its Soul

Leadership talk

The Epidemic of Loneliness: Why Community Is Pivotal

Workshop

Remember, Repent, Return

Church series

SUGGESTED INTERVIEW QUESTIONS

- 01 You often talk about the danger of drifting through life. What happens when we stop making intentional decisions and just let life happen to us?
- 02 Why do you believe finding community is a pivotal decision, especially when so many people are surrounded by others yet still feel profoundly alone?
- 03 What do you say to someone living with regret over a major decision, and how does *Pivotal Decisions* point them toward a different future?
- 04 We often blame our circumstances for where we are in life—how much more do our decisions shape us than the circumstances around us?
- 05 If someone listening today feels stuck—in a relationship, a career, a habit, or just stuck in life—where should they begin?
- 06 Of the ten decisions in the book, which one took you the longest to actually live out yourself?
- 07 You call the “3-10s Rule” a way to out-think impulsive decisions—how did you discover it, and how do you use it yourself?
- 08 What would you say to someone who feels like it’s too late to change direction in their life?

BOOKING

When & where to find him

GENERAL AVAILABILITY

Daily	8:00 AM – 8:00 PM ET
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Sundays	After 2:00 PM ET only
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Virtual interviews	Zoom & other platforms, all time zones
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Time zone	Eastern
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BLACKOUT DATES

- ◆ September 5 – 13
- ◆ Sunday mornings (before 2:00 PM ET)



Available for remote interviews nationwide—30 minutes from Roanoke, VA.

Stan is based in southwest Virginia (Eastern time) and connects easily by Zoom or phone.

FROM THE BOOK

An excerpt

INTRODUCTION

It's a powerful realization that the choices we make today shape our futures. Reflecting on past decisions can uncover regrets, often painful ones. But today brings a fresh opportunity. We have a chance to choose a different path and to make decisions that can truly transform our lives. This moment, right here and now, is our starting point for change.

There is a humorous, and possibly fictional, story about a man named Ronald Demuth. He was touring a zoo with some visitors when he decided to demonstrate “American ingenuity” by applying Krazy Glue to his hands and placing them on the back of a rhino. Of course, the glue stuck, and at first the rhino was unbothered. But eventually Demuth's increasing panic startled the rhino into a rampage across the zoo, leaving destruction in its wake.

This story humorously highlights an important truth: be cautious about what you attach yourself to in life, because you may find yourself dragged along by it, for better or worse.

“Be careful what you grab to bring into your life—it may be grabbing you.”

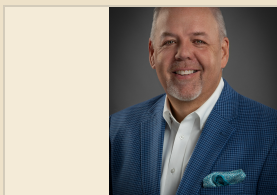
This is why the 3-10s Rule has become a popular way to frame the decision-making process. Before you make an impulsive or emotional decision, ask yourself three questions: How will I feel about this ten minutes from now? Ten months from now? Ten years from now? The 3-10s Rule helps you reconnect with your future self—the person you hope to become, not just today, but ten months and ten years down the road.

You make your decisions, and your decisions make you.

Excerpted from Pivotal Decisions: 10 Decisions That Will Transform Your Destiny by Dr. Stan Parris. © 2026. Reprinted by permission.

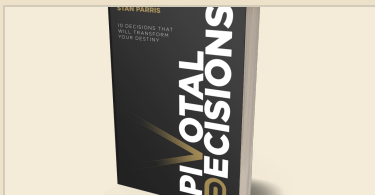
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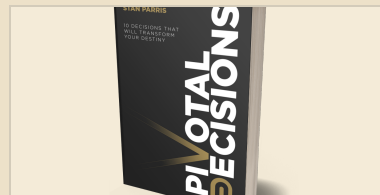
Author Headshot

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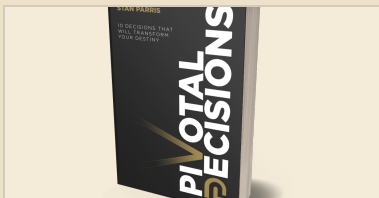
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Sample Chapter

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