

BILLIE JAUSS

AUTHOR, SPEAKER, PODCASTER
NAPLES, FL



Billie Jauss is the author of two books, *'Making Room'* and *'Distraction Detox'*. She speaks across the country and is the host of 'The Family Room' podcast, which provides practical biblical guidance and challenging motivation for women who want to accomplish God's best in their faith, family and friendships. Billie and her husband Dave, a professional baseball coach, spend the baseball season on the road and the off-season in southwest Florida.

CREDENTIALS

- Experienced doing media, having conducted dozens of interviews over the years
- Speaks all over the U.S. as part of Compassion International
- Billie has been married to Dave, a Major League Baseball coach, for over thirty years and has raised three sons, all of whom also work in baseball
- Has lived in fifteen cities and towns in the US, as well as Venezuela and the Dominican Republic

AVAILABILITY

- Widely available, Mon-Fri and select times Sat, Sun.
- On Eastern time (southwest Florida)
- Avail via Skype, Zoom, phone and to travel upon request

ONLINE (CLICK TO VISIT)



Click any of the icons above to check out Billie's website, social feeds or to find her on LinkedIn. Or, join her in The Family Room, her podcast and a safe place where she not only talks about faith, family and friendship, but

about how to find balance in life and feel productive. The Family Room inspires us to live life to the fullest right where we are.



LISTEN

To Billie talk with podcasters and radio hosts to get a feel for her authenticity, message and personality..

- [Thriving Beyond Belief Podcast](#)
- [Moody Radio's Mornings with Dawn and Steve](#)

WATCH

Click below to watch Billie on the Cornerstone TV network's 'Real Life' (segment begins at the 17:00) and on the 700 Club with Terry Meeuwsen.



READ

Read about Billie on FoxNews.com, [here](#). "Spring cleaning for the soul: How one baseball wife found a way to win"



TO BOOK AN INTERVIEW, CONTACT:

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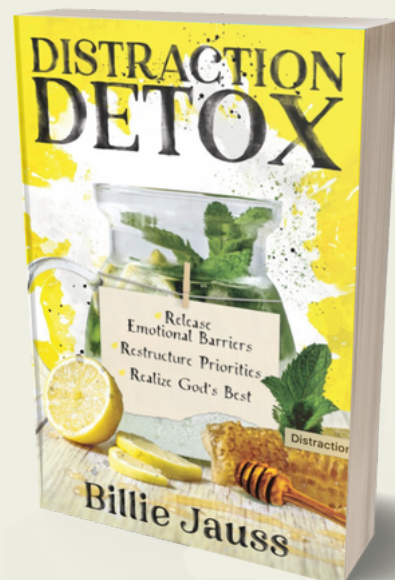
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ABOUT THE BOOK

[click to view the book on Amazon](#)

Publisher: Iron Stream Media
Paperback: 192 pages
ISBN-10: 1563094991
ISBN-13: 978-1563094996



Billie tried to overcome a season of feeling unsettled and uncertain by simplifying her schedule and taking control of the chaos in her life. But, it didn't solve all her issues. She soon realized it wasn't the external distractions, but the emotional barriers in her life that were producing feelings of discouragement and defeat and resulting in her feeling unsettled and uncertain. Stuck. This scenario/cycle is one that millions of women find themselves in today. And despite their best efforts to reorganize and prioritize, if they don't address the emotional barriers in their lives, it'll all be for naught ... and feeling even more uncertain and discouraged, the cycle will repeat itself. It was through detoxing from emotional toxins and creating a spiritual health plan that Billie was finally able to claim confidence and fulfillment.

Writing the book and sharing her experience as a speaker is Billie's way of helping make sure, for as many woman as possible, that they escape the cycle and realize God's best for their lives.

UNIQUENESS, RELEVANCE

- Many times, it isn't the external distractions but the emotional barriers producing feelings of discouragement, anxiety, depression and defeat in our lives. Our realization of this and many other mental health issues is at an all-time high in the U.S. People are prioritizing mental health like never before.
- By learning to detox from emotional toxins, realign priorities, and create a spiritual health plan, busy women can find fulfillment and realize God's best.
- Distractions steal our joy and our purpose. And distractions - both external and internal - are at an all-time high.
- We're busier than ever. Shame, regret, comparison are running rampant. We crash and burn. So, we numb ourselves with substances, images, screens, schedules.

AUDIENCE

Women who are struggling to keep it all together ... that feel disconnected, lonely, discouraged, anxious, overwhelmed. They want to do their best but don't know how to pursue or achieve it.

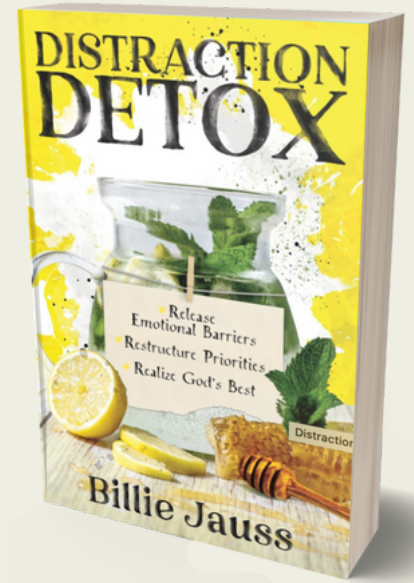
TOPICS SHE LOVES

- Marriage
- Raising boys
- Mental health
- Life on the go
- Baseball
- Jesus
- Deceptive, toxic thoughts, self-talk and feelings / How changing our thoughts changes our lives
- 'People pleasing' ... how it tears you down and how to quit
- What are the three core emotional toxins? / Identifying and releasing them
- Prioritizing, organizing, executing a spiritual detox and health plan
- Internal criticism, perfectionism, shame, discouragement
- Busyness, expectations and anxiety
- Clutter and spiritual stagnation / What to do when you feel stuck
- How our schedules, distractions, anxieties, chaos limit us from growth and seeing God's blessings, opportunities
- Discerning between the meaningful and the meaningless
- Are you settling for what's unimportant? How to know
- Dealing with feelings of loneliness and insignificance
- Prioritizing and navigating relationships - the good and the bad
- What are you willing to give up to feel/be better? And how/where do you begin?

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ENDORSEMENTS

“Everyone needs a moment to take a deep breath and exhale slowly. Billie Jauss gets that. Juggling a family and being a professional ‘baseball wife,’ not to mention keeping it all pulled together, she understands a woman’s need to detox from the world, cleanse her thoughts, and surrender faithfully to God. Jauss puts it out there, lays out a plan, and guides the overbusy, overworked, overrun woman back on track with God in the lead. This must-read book belongs with every woman regardless of age. One can never start putting priorities in order too soon. Impressive, well written, sensitive but given in tough love, Billie Jauss nails it with *Distraction Detox*.”

—Cindy K. Sproles, best-selling author of award-winning *What Momma Left Behind*

“I’m a big fan of Billie. The transparency and reality she brings to her writing is authentic and intimate. A very creative title addresses a real issue for women and men. Distractions are available to me anywhere at any time. God is not a fan. Nor am I any more. This book provides a road map to follow our way out of the messiness of distractions.”

—Clint Hurdle, former Major League Baseball player and manager

The last couple of years have trained us to build walls from others—and even from God. Truth seems illusive, with our thoughts often scrambled and emotions unsettled and restless. Billie identifies this as spiritual jet lag, a sense that we think we’re in sync with God but we’re actually across the continent. In Jauss’s newest book she helps the reader probe thought toxins so as to break down blockades that prevent us from freedom in our faith, bringing us to a place of confidence, peace, and personal fulfillment. I highly recommend *Distraction Detox*.”

—Janet Holm McHenry, author of 24 books, including the best-selling *PrayerWalk* and *The Complete Guide to the Prayers of Jesus*

“We live in a fast-paced world full of distractions. It can be easy for me to focus on external distractions and miss the internal work I need to prioritize to experience God’s best. *Distraction Detox* is the practical and heart-changing tool I needed.

In fact, I can confidently say that we all need this book as a life-changing tool. Billie’s vulnerable writing style makes it feel like a trusted friend is holding your hand and heart as you examine what is keeping your heart from God’s best. As a counselor I would recommend this book to all of my clients. Each chapter is the perfect balance of story to draw you in, God’s word to connect your heart to scripture, and questions and actions to practically detox from your distractions.”

—Jennifer Hand, author of *My Yes Is on the Table* and host of *Coming Alive Conversations*

“Billie Jauss is an exceptional writer, and *Distraction Detox* is phenomenal. We’ve all been caught up in this race of life, and the curveballs thrown at us have been many. Here, Billie shows us the importance to step back and breathe. And she does it beautifully.”

—Jason Romano, author of *Live to Forgive* and host of *Sports Spectrum* podcast

“As a recovering people pleaser, I find *Distraction Detox* to be a powerful look at the deceptive thoughts and feelings that plague so many of us. Billie provides real-life experience and transformative scriptures that can take those who are ‘stuck’ into the realm of freedom. A life-changing read!”

—Tara Johnson, author of *Engraved on the Heart*, *Where Dandelions Bloom*, and *All Through the Night*

“Billie Jauss brings a fresh perspective and practical biblical guidance to help overcome the mental distractions that keep us far from God. *Distraction Detox* will help you get rid of self-limiting thoughts and find peace and purpose!”

—Jon Gordon, best-selling author of *The Garden* and *The Energy Bus*

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