



## Author Bio

Vicki Huffman has been happily married for 33 years and is a mother of four children, two natural-born and two God entrusted her to raise for others. She is also the proud grandmother of six. She lives in sunny Melbourne, Florida now, but grew up in St. Louis, Missouri. She is a graduate of the University of Central Florida where she received an MS in Educational Leadership. She has been a Bible Study teacher, as well as serving as director for a support group ministry providing Bible Study and accountability groups for those struggling with depression, addictions, self-esteem, and grief. Vicki is an author and educator with a passion for helping those who are hurting. She has been described as energetic, compassionate, helpful, and organized to a fault. Her passion is laser-focused on writing, speaking and teaching how God's Word can change lives. She now lives a truly joy-filled life. However, it hasn't always been that way.

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At 14, Vicki was the victim of a violent crime. As a result, she walked away from the God she thought would keep her safe and the faith she'd known her entire life. She wandered through life in a highly functional depressed state for the next 40 years. Until that day!

On October 29, 2014, Vicki suffered a complete emotional breakdown and was hospitalized. She finally admitted she was powerless over her mental illness. She needed help. Following weeks of inpatient and outpatient care, she dedicated her time and energy to starting a new life. A joy-filled life without depression.

Vicki has learned how to leave her life of depression behind and experience a life filled with joy. As a lifelong educator, she knows her purpose in life now is to help teach those who are hurting how they too can lead a joy-filled life. Join her on the journey from ***Sadness to Joy!***

## Recommendations

There's no better teacher in life than experience and in 21 Days to a Joy-Filled Life, Vicki shares how 40 years of depression and an emotional breakdown can break you but can't defeat you. She takes readers through the ups and downs of overcoming depression and building a life of joy, one day at a time.

-Kelly Jo Kaye, Licensed Psychotherapist

This book is good for everyone. Every day when I pick my girls up from junior high, we have been talking about the donut dare. Love that. The author has great insight and experience and shares so her trials can help others. What are you focused on... the donut? Or the donut hole? Great book!

-Rhonda Bolling, Author, *Emily's Lights: A Bright Adventure in Alaska and Beyond*

**SADNESS TO JOY**  
MINISTRIES



## Topics

**Calm Heart in a Rough Sea:** Bad things really do happen to good people. And, usually when they least expect it. Money, kids, marriage, job, health. These can be our greatest source of joy or our greatest source of pain. And sometimes, in the same day. As we explore what Jesus told his disciples about staying calm despite unbearable circumstances, you'll be inspired to:

- Embrace the reality you can't control your circumstances
- Deepen your relationship with Jesus despite your circumstances
- Replace your fear with peace

**Living a Joy-Filled Present After a Pain-Filled Past:** We all have baggage. We've each lived a life with unique experiences. Some good, some not so good, and some downright horrendous. Whether these experiences came through our own poor choices or the poor choices of others, the consequences of those choices hurt us. They may still be hurting us years later. And there's no better time than now to change that. In this empowering session, you will:

- Identify how the past is robbing you of your present and your future
- Discover how to live in the present
- Embrace the life of joy Christ died to give you

**Faith Beyond Logic:** When the doctor says, "I have bad news," your spouse says, "it's over," or the bank says, "we have no choice but to foreclose," the normal, logical response is to give in to the feelings of defeat. But life with Christ is anything but normal or logical. We all experience moments that test our faith. This inspiring session will help you:

- Be proactive and prepare for storms before they happen
- Prepare for battle with the Armor of God
- Embrace the Fruit of the Spirit

**Stress Less Living:** Overworked, overcommitted, overlooked, and overwhelmed. Generally, just over it. Does that describe how you feel about your life right now? You're not alone. This describes a large portion of the population these days. But, it doesn't have to describe you. In this hands-on workshop, you'll develop a Personal Action Plan for relieving current stress and preventing it in the future by:

- Understanding how circumstances steal your joy
- Exploring the effects of stress on your mind, body, spirit, and emotions
- Discovering strategies for choosing joy despite your circumstances

**Being Alone Doesn't Have to be Lonely:** Any number of life events can leave us feeling lonely. Maybe you moved away to college or to start a new career. It could be you are recently an empty-nester, divorced or widowed? Change means what used to be normal in our lives isn't anymore. However, there are things we can do to help combat those feelings of loneliness and create a new normal. This hands-on workshop will provide an opportunity to

- Understand that change, even when it's positive, is never easy
- Create a plan for managing your lonely feelings
- Recognize that rebuilding a new normal takes time, energy, and effort

**Finding Joy in this World:** Protests, riots, nuclear threats, political clashes, and natural disasters are front and center no matter where we turn these days. Add in the stress that comes with the holidays, and you have a recipe for disaster and depression. In this uplifting session you'll discover:

- Blessings often come disguised as challenges
- Doing less is often more
- You are just what someone wants this Christmas
- Joy is a state of mind, not a state of the union