



***Relentless Joy: Finding Freedom,
Passion, and Happiness (Even
When You Have to Fight for It)***

by Rachel Joy Baribeau

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a copy of the book, please contact:*

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**The Art of Finding Joy in Every Moment—Moving
Beyond Your Circumstances into God’s Promises**

Finding joy is often easier said than done. The demands of life can feel so weighty, grief can overwhelm, and disappointment can consume—and all of it begs the question, *where is the joy?*

Without sugarcoating or ignoring the darkness of our world, former national sportscaster and speaker **Rachel Joy Baribeau** shows readers how to chase, find, and keep the joy in life—especially when it’s hard-won—in her new book, ***Relentless Joy: Finding Freedom, Passion, and Happiness (Even When You Have to Fight for It)*** (Revell, June 2023). Rachel’s candid storytelling is met with an encouraging practical plan that will move readers from a place of doubt and hurt to confidence and healing won by Jesus’s boundless love.

Rachel digs into the deepest hurts and greatest moments of her own story to share examples of both finding and embracing the freedom that comes from faith in God. Her message will appeal to sports lovers and stay at home moms, CEOs and students—and everyone in-between. She is available for interviews and would love to discuss:

- Why your life matters, and where to turn if you feel alone or without purpose
- The role gratitude plays in how we see the world around us
- Sitting in grief and asking the questions that no one wants to ask
- How vulnerability positions us to have confidence in the future
- Questions on how to find joy in different situations—through grief, depression, loss, life changes, and more

“I am not running from the pain in my life,” writes Rachel. “But I do have to consciously choose, daily, to bust open the windows of the home of my soul and let in all the light, all the brilliance, all the majesty that this world can offer. I could keep the shutters closed. I could focus on all the loss, but...I don’t want to miss the light, the joy, the wildness, and the wonder that life has to offer.”

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About the Author

Rachel Joy Baribeau is a Moth award-winning storyteller, an inspirational speaker, a highly sought-after teacher, a national movement maker, and a former ceiling-shattering national sportscaster. She received her bachelor's in Radio, Television and Film from Auburn University, and is the host of the *Joystarters* podcast. When she is not traveling to speak or teach, Rachel adores naps, dancing in her kitchen, museums and history, and trying to spread joy on a daily basis. Of all the titles she goes by, she loves wife and bonus mom the most. She lives in Florida with her family and fur-children.

PRAISE for *Relentless Joy*

"Rachel's joy in sharing her own experience for others' benefit never ceases to amaze me. She is a selfless sharer with wisdom that cannot be ignored. Her message is eloquently outlined in *Relentless Joy* and reaches all readers to their core. It's rare that a book actually makes you a better human, but that's exactly what this one does. Soak up this guidance willingly to put into action throughout your life."

Laura Rutledge, ESPN host and reporter

"*Relentless Joy* is a fantastic glance into Rachel Baribeau's journey. Just like her annual talks with our football team, you can feel Rachel's positive perspective, genuine passion, and abundant joy, even in the face of adversity, as you read her book. This book is another elite benchmark in Rachel's mission of #ImChangingTheNarrative."

P. J. Fleck, University of Minnesota Head Football Coach

"*Relentless Joy* is a fantastic read for all ages. And all who read or hear Rachel speak regarding 'changing the narrative' will benefit tremendously and have access to a more productive and fruitful life. It is also a guide to the development of prominent, caring, and successful leadership. I find myself drawing daily from her thoughts written in this book, feeling as though it has made my life better."

Bill Snyder, college football Hall of Fame coach

"*Relentless Joy* is an open reservoir of passion. Rachel is a true ambassador of the ferocious authenticity necessary to connect with the heart of any audience. Rachel has survived, she has thrived, and now she has arrived to deliver the recipe of an overcomer. Do yourself a favor and jump on the joy train."

David Tyree, Super Bowl champion, owner of DT3 Enterprises



Sample Interview Questions for Rachel Joy Baribeau *Relentless Joy*

- Thanks for joining us, Rachel. We'd love to get to know you more. Will you tell us a bit about your background and #ImChangingtheNarrative?
 - You share even more about your story in the introduction to your new book, *Relentless Joy*, and you've faced quite a bit of trauma in your life. How has trauma shaped your mission?
 - This book really feels like we are coming along a journey with you—from Africa to Israel to national stages and more. How have these big experiences in your life pointed you to Jesus?
 - I love this quote from your book: "There is a very fine line between isolation and solitude." Will you break that down for us? How can solitude lead to great joy?
 - Tell us about your career as a sportscaster. How did you get into this world, and why has it remained so important to you and your mission?
 - Another topic you cover so well in the book is the importance of reconciliation—with family, friends, and anyone else in our lives. What encouragement can you offer to the listener who is struggling to reconcile with someone? How can reconciliation bring joy?
 - We'd be remiss not to discuss mental health and the challenges that so many people face today. How does #ImChangingtheNarrative advocate for mental health?
 - How have you personally overcome challenges with mental health?
 - What is your hope for readers who come to this book? What can they expect as they begin alongside you?
 - Where can our audience go to connect with you and purchase a copy of *Relentless Joy*?
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