

FACT SHEET



www.SingleandLivingFree.com

www.EdHouston.com

Top Highlights

FIVE STEPS TO BECOME WHOLE

1. RELATIONSHIP WITH GOD
2. PERSONAL IDENTITY
3. GOALS & JOURNALING
4. BALANCE - EXECUTION
5. ENJOYING LIFE

FIVE KEY INGREDIENTS FOR SETTING GOALS

1. PERSONAL DEFINITION
2. FUTURE TENSE (description's)
3. BENEFITS
4. COURSE OF ACTION
5. EFFECTIVE JOURNALING

THE FIVE EFFECTIVE GOAL AREAS

1. PERSONAL
2. SPIRITUAL
3. PHYSICAL
4. RELATIONAL
5. CAREER / FINANCIAL

SINGLE AND LIVING FREE An Inspiring Companion for Your Personal

Single and Living Free: An Inspiring Companion for Your Personal Journey, by Ed Houston is a self-help guide that teaches both men and women how to break through the strongholds and addictions that often plague and hinder Christian singles from living a life of wholeness and fulfillment. As a Christian single himself, Ed Houston who experienced this same bondage, was set free by a profound revelation. This revelation is the foundation for several principles, which Houston shares in ***Single and Living Free***.

This companion guide, which is centered on biblical truths, teaches singles how to submit themselves to God, claim His promises, and seize life by setting goals and journaling their way to freedom. The latest fads in dating are addressed as singles are given ideas about how to increase their extracurricular activities in order to get out of the house, enjoy life, and prepare for a spouse should that be God's will for their lives.

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Meet Author and Speaker:

Ed Houston

"I never dreamed I would bungee jump in New Zealand or discover beauty biking along the countryside of China. I never dreamed I would photo journal the big five on an African Safari, trek up the Peruvian mountains, or touch the ancient pyramids of Egypt. It was not until later in life I found that success starts inwardly first." - Ed Houston

BACKGROUND

Ed Houston grew up in a typical working class family in Denver, Colorado, after graduating from high school, a unique opportunity opened up in a promising corporation, an entry level position, he decided to put his studies on hold and plunge into the real business world with a simple dream of climbing the corporate ladder.



Ed worked hard over those initial years, learning and gaining a solid foundation of the business' operation. Along the way he achieved industry-honored accomplishments, certificates, and awards. Soon his upward movements seemed to stand still and inwardly he felt he had reached that invisible glass ceiling. Never giving in to failure, he continued to look for new opportunities within the organization and his persistence and timing paid off. With the birth of the Internet, shared networks, and new software technologies, Ed found his niche, bringing his wealth of business expertise to software technologies. This quickly catapulted him into an executive position at corporate headquarters. During a strategic growth expansion period the organization went from approximately 400 employees to a whopping 7,000 across several states. Growing into the role of Vice President/ Chief Information Officer, Ed became a very well-respected figure in the industry, known for his leadership by example skills and ability to communicate new software technology innovations and direction to stake holders and boards of directors. In addition, it opened up invitations to industry trade shows and chapter conference speaking opportunities.

SEARCH FOR GREATER MEANING

It was at the height of his successful twenty-year career climb up that corporate ladder that his drive for greater opportunities would switch to a search for greater meaning, inwardly. In his private moments he began to question his life. To his surprise he suffered from negative addictions, depression, failed relationships with women, and emptiness in his life. He started to question God and asked in his deepest prayers if a God really existed. If God was out there, Ed was ready to listen to His direct instructions on how to live this life with the freedom, purpose, and liberty the Bible describes.

A BOOK WAS BIRTH

Over the following weeks and months a transformation took place in Ed's life, giving him new direction and personal revelation. Out of this two extraordinary yet simple tools were created. First he created customizable goals in five key areas, and secondly he developed a system of effective journaling. Both are based on Biblical principals. Enormous power came, says Ed, when God showed him how to apply these tools concurrently and in unison. Incredibly, this was the answer to his prayers: a hands-on practical roadmap for Ed to break free from negative addictions, depression, and emptiness into a renewed love for life. He was free from addictions and experienced wholeness in his life, with passion and balance. Once engaged in his new lifestyle of freedom, he realized there were not many resources for Christian singles. There were not resources that addressed the needs of Christian singles and very few from a male point of view. This sparked the idea of sharing his own hurts and triumphs, to encourage and inspire singles through a self-help book which could teach them to live a complete life, whole, balanced, and with fun, through Biblical principles.

Media Personnel to schedule an interview contact information:

Publicist: Pam Perry (248) 426-2300 or e-mail

pamperry@ministrymarketingsolutions.com



Suggested Interview Questions For

Ed Houston, Author of, "Single and Living Free"

1. What compelled you to write the book Single and Living Free?
2. How would single men benefit from reading your book?
3. You mention in your book the "Goal Journal Companion", can you elaborate on how this customized tool will help singles live a more fulfilled life?
4. What are some of the negative habits or addictions singles are faced with in today's society?
5. If you were to summarize your book into five key points, how would you describe this?
6. What do you say to singles that desire to be married and can't find a suitable mate?
7. Do you personally desire to be married?
8. Can writing goals and journaling them truly change a single persons life?
9. How can a single Christians values thrive in an unfriendly Christian world?
10. Can a single person be complete in their life with out being married?
11. Why is "balance and wholeness" key for singles?
12. It's commonly known that marriage takes work, is there work at living a joyful and fulfilled single life?

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Praises for

“Single and Living Free, An Inspiring Companion for your Personal Journey”

“I initially saw you on the Harvest Show and ran out and bought the book in April 08’. FINALLY I am getting around to reading it. You have spoken/written the truth in love about the challenges singles face. Thank you for answering the call and then sharing it with others. THANK YOU! MAY YOU CONTINUE TO SHARE THE WORD OF GOD FROM YOUR HEART!”

—*Alison, Michigan, USA*

Ed, I am only in chapter 4 so far, but I wanted to tell you thanks! I have been looking for this for several years. --*Brandon Texas, USA*

“Single and Living Free: An Inspiring Companion for Your Personal Journey” by Ed Houston is an intriguing little book. While one should not judge a book by its cover, the clever design for this book is a plus.

Despite what the title may assume, this novel is not entirely focused on finding readers dates or even spouses. Rather, it is a builder of the soul and body that aims to improve the singles. ...Houston balances this by providing extra resources.

He suggests professional help, church guidance, and reference materials for those that need the extra push. Houston even suggests readers buy their own little notebooks or journals so they can keep track of their progress.

--*Reviewed by Teresa Konopka, Front Street Reviews*

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Praises for

Ed's Speaking Engagements & TV/Radio Interviews

"God bless you man of God, I was so blessed by the Atlanta Live broadcast, just hearing you speak about enjoying being single, hopefully I will get a chance to be a part of one of your seminars, ... God bless you". --*Min. Anita Johnson Atlanta, GA*

"We at Kingdom New Covenant Christian Center were privileged to have Ed Houston come in to share with us his very powerful new book *Single and Living Free*. It was something new and fresh for the body of Christ. The testimony impacted the singles as well as those who were married. The parishioners responded with nothing but positive feedback. We were truly blessed!" —*Senior Pastor Ted Billingsley Kingdom New Covenant Church Denver, Colorado*

God Bless You Ed! It is so refreshing to hear a brother who is truly sold out for God! Praying for you and maybe you can come and speak at our Single's Conference here at New Birth in Lithonia GA. We will keep you in prayer. --*Deborah, Atlanta, GA*

May God continue to bless you, You are very inspirational...take it out to the young ones who don't have a clue as to what their purpose in life is... --*Pat Hawaii, USA*

Ed Houston spoke to our young adult group, which includes members that range from 18 to 40 years of age. He electrified the house with his high energy interactive speaking style.

Ed, through his message of *Single and Living Free* let our members know that they no longer have to be held captive by the sinful social messages and lifestyle. The ongoing conversation stemming from reading his book has continued to enhance the spiritual growth of our congregation. --*Joseph E. Burks; Elder Park Hill SDA Church, Denver, Colorado*

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