

## 2019 Fort Worth BookFest Author Interview Series



... with **Lauren Jackson**, author of *Purposeful Pain* ...

### Where is your favorite place to read?

My favorite place to read is on my couch, with complete silence.

### What is your favorite book to give an adult or a child?

My favorite book to suggest to an adult is “*Don’t Settle For Safe*” by Sarah Jakes-Roberts.

### What books do you return to most often, whether passages or whole?

*Don’t Settle for Safe*, *Jesus Calling*, and *The Crushing*.

### What is the last book that had you reading past your bedtime?

*Don’t Settle for Safe*

### Who made reading important to you?

My high school English teacher.

### BONUS QUESTION: What is your favorite book set in the southwest?

I am not sure that I have one.

### Author Bio

Lauren Grimes-Jackson, is the author of “Purposeful Pain” is first and foremost, a Christian woman whose life is dedicated to helping broken women and men, through her own life experience and journey toward wholeness. She is a successful Mortgage Banking entrepreneur, having earned both a Master’s Degree in Banking and Finance and an MBA from New England College, Henniker, New Hampshire. Lauren was born and reared in Opelousas, LA.; matriculated through Northwestern State University, Natchitoches, LA.; where she earned her Bachelor’s degree; she married and made her home in Shreveport, LA.

She divorced in 2019 after 11 years of marriage; it was then that her Purpose was released. Lauren’s aspiration is to promote healing and liberation from the perpetual cycle of brokenness often associated with the vagaries of life. She depicts stages of healing on Purpose in her book Purposeful Pain. She continued the movement by designing an app entitled Purposeful Woman, which is available on Google Play and iTunes.

Lauren prides herself for being a woman who educates and empowers others. She desires to break generational thinking and change paradigms for the future. Dearest to her heart are her young sons, Alan Duval Jackson, III, and Alex Lawrence Jackson, family and friends.

Follow **Lauren** to keep up with what she is doing: [Facebook.com/Pwoman10](https://www.facebook.com/Pwoman10); [purposefulwomanapp](https://www.purposefulwomanapp.com)

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**Mark your calendars for this year's Fort Worth BookFest**  
**Saturday | 10. 12. 2019**  
**11 AM – 4:30 PM**  
**Maddox - Muse Center**  
**330 E. 3<sup>rd</sup> Street**  
**Fort Worth, Texas**

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