

Author and Speaker Sandy Ralya

When Sandy Ralya's life was unraveling, she walked into church each Sunday morning desperate for help, but not daring to ask for it. Her life appeared beautiful on the outside, but on the inside it was a mess.

Over time, Sandy trusted God with her shame and sought guidance in the Bible, through prayer, and from trusted friends, godly mentors and wise Christian counselors. What she learned transformed her life and then God did an amazing work in her marriage. The loving support that Sandy received from other women on her own journey inspired her to become the founder and director of Beautiful Womanhood, a Christian mentoring ministry for women.



Sandy's testimony was the focus of popular interviews on *Family Life Today*, *Focus on the Family*, and on TV's *Babbie's House*, *Walking by Faith* and *Time Out for Women*. Her book and ministry were featured in *First for Women* magazine. She has been a sought-after speaker at women's classes, events, and conferences around the United States and Canada, and she has led Beautiful Womanhood seminars throughout the United States, and Uganda, Africa.

Since the year 2000, thousands of women have been directly impacted by hearing Sandy speak, attending Beautiful Womanhood small groups led by mentors, and applying the Beautiful Womanhood mentoring curriculum.

Sandy's book, *The Beautiful Wife*, has been praised by bestselling author Shaunti Feldhahn as "an incredible handbook that every woman needs." In 12 chapters relevant to every marriage, she shares biblical principles, practical tips, and inspiring stories from her life and others to guide and encourage any woman looking for God's best in her marriage.

Sandy and her husband Tom have been married since 1980 and live near Grand Rapids, Michigan. They have three adult children and a growing number of grandchildren. When not writing and speaking, Sandy enjoys shopping at yard sales, cooking, travelling, and drinking really good coffee (black is best) with her husband.

For more information, contact Sandy at sandy@beautifulwomanhood.com or 1-616-862-0321. Subscribe to Sandy's blog at <http://blog.beautifulwomanhood.com/>. Find Sandy on Facebook at Beautiful Womanhood. Follow Sandy on Twitter @MentoringWives.