



EMOTIONAL VIRTUE

SARAH SWAFFORD

Sarah Swafford's Official Biography

Sarah Swafford is the founder of Emotional Virtue Ministries. She speaks internationally on a variety of topics including faith, relationships, and interior confidence. Engaging audiences of all ages, Sarah shares her message at school assemblies, retreats, rallies, parishes, and conferences around the world including FOCUS and Steubenville Conferences in the United States and Canada. She is the co-author of *Gift and Grit: How Heroic Virtue Can Change Your Life and Relationships* and author of *Emotional Virtue: A Guide to Drama-Free Relationships*. She is cohost of Ascension's *What We Believe: The Beauty of the Catholic Faith*, filmed in Rome, as well as EWTN's *At the Heart of Relationships*. Sarah is also a contributor to Ascension's *Chosen*. She resides in Atchison, Kansas with her wonderful husband, Dr. Andrew Swafford, and their children: Thomas, Fulton, Cate, Kolbe, John Paul and Avila. You can find more information and connect with Sarah at www.theswaffords.com.