



## Q & A



### ***The Gap Decade***

*When You're Technically an Adult but Really Don't Feel Like It Yet*

October 12, 2021 | \$17, 224 pages, paperback | 978-0-8308-3167-8

The gap decade is that sometimes difficult transitional season young adults face in their twenties and early thirties. In this quirky and honest chronicle, Katie Schnack names the awkward realities of living in that gap between adolescence and adulthood. Schnack explores the common experiences of these young adulting years: The uncertainty of waiting when you're stuck and don't know what steps to take. Learning to trust in God's provision when you are broke like a joke. Admitting your need for help when panic attacks strike. And discovering a life full of grace and joys that can't be ordered via two-day delivery.

## Awkwardly Living Between Adolescence and Adulthood

### Why did you write *The Gap Decade*?

**Katie Schnack:** I wanted to bless women in their early adulthood years with stories that make them feel less alone during the tough, transitional seasons. And I wanted to make them laugh because I find humor to be a vital part of life!

### What is your book about?

**Katie:** *The Gap Decade* is a funny yet deeply inspirational book that addresses the tough seasons young adults face in their twenties and early thirties with honesty and humor. It also follows me and my husband on our own journey navigating through our transitional decade full of wanting, waiting, chasing dreams, diving into the unknown, kicking doubts to the curb, starting a family, and navigating marriage and faith.

### How would you explain the "gap decade"?

**Katie:** "Secular" books for this group of women often depict the "whiny Millennials," who try and shock us with their horrifying forays into online dating. But that isn't representative of all Millennials, no matter what the media wants us to think.

"Christian" books often make the author seem so outlandishly holy that she is one Bible study away from being raised to heaven by a chariot of angels so God can personally give her a high five.

### What about the middle ground? Isn't that where most people hang out anyway?

This is where *The Gap Decade* lands—that sacred, ordinary middle ground. It is a brutally honest book that makes readers laugh, cry, and hopefully feel less alone at the end of the day. One that appeals to Christians and non-Christians alike. One that encourages but also entertains all. It is aimed at women in their early twenties through their thirties but can be enjoyed by women of any age who are trying to navigate their own tough seasons of life and live the best way possible.



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**Katie Schnack** is a writer and book publicist. Her articles have appeared in such places as Today.com, Relevant, Hello Giggles, Romper, and Scary Mommy. She grew up in Minnesota playing duck duck gray duck, learned to say “bless your heart” in Texas, lived in a 400-square-foot apartment in New York (okay, Jersey City actually, but it was close enough to Manhattan), and has a love-hate relationship with Cheetos but is also oddly obsessed with spinach smoothies. Katie and her family now live in West Palm Beach, Florida, on an acre of land with six chickens. Visit [KatieSchnack.com](http://KatieSchnack.com) for more information.

**What are the main things you want readers to take away from your book?****Katie:**

- That God is with you *always*, through all seasons.
- That sometimes we don't know why things work out different than expected, but if we look back, we can see how God has woven those times together for our good and his glory.
- Hard seasons come, but so do really wonderful seasons. Expect those.
- When all else fails, just laugh at your situation. It helps.

**Is *The Gap Decade* a self-help book?**

**Katie:** *The Gap Decade* definitely isn't a Bible study, and it isn't a “do XYZ to drastically improve your life” type of book. I wanted to make it more of a companion, like someone talking with a friend who can empathize and relate. Those are the books that have made the biggest impact on my life and heart, and I really want to bring more of that into the world.



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