



Q & A with Fred DePold author of

***Stand At the Crossroads***  
***Wisdom From Those Who Have Been There and Done That***

ISBN # 9781935265146  
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**Q. What are the two major principles you communicate in this book?**

A. My intent for writing this book is for the millions of teenagers and young adults struggling or experimenting with drugs and alcohol, the many who think the drug-and-alcohol crowd is “cool” may read this and take to heart the learning experiences of those who have walked the road before them. Two major principles I communicate are: 1) you do not have to let your past dictate your future and 2) If you are desperate for change, you can do it with God’s help!

**Q. Who did you write this book for?**

A. Everyone who is struggling with using drugs and alcohol and desperately wants to change.

**Q. What does the phrase “Wisdom From Those Who Have Been There and Done That” located on you front cover mean?**

A. I started using alcohol at age 13. As with many of my friends, the alcohol progressed to marijuana and a multitude of other drugs. Partying became a mixture of whatever we could get our hands on. For me, this resulted in a struggle lasting nearly 20 years. For some of my friends and relatives, it resulted in prison, broken ruined lives and even early death. I tell of what happened to me and my friends and how I made it out of this life style, thus sharing my learning experiences so that others headed in the same direction may learn from those that have walked the road before them and not have to make the same mistakes.

**Q. Why did you choose to call this book Stand At the Crossroads?**

A. This is the main theme of the book. It comes from the prophet Jeremiah when he addressed the people of Israel after they started to turn from the ways of God their deliverer. This was after God delivered them from slavery in Egypt through many miracles like parting the red sea and leading them to their promised land. He said: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it and you will find rest for your souls.” (Jeremiah 6:16 niv). What he is saying here is hey time out! Think about it. Your life is headed for destruction and disaster. Think about what happened to you ancestors, those that served the God of all Gods and those that did not. One was blessed and one was cursed. Now follow the right path, you can do it with God’s help.

**Q. What was the number one factor that helped you overcome your alcohol and drug addiction?**

A. It was my decision to turn to the saving and delivering power of Jesus Christ. This is where the process began. I then had to perform Spiritual Surgery and purpose to change my life.

**Q. What is your definition of “Spiritual Surgery”**

A. It is taking radical steps to separate yourself from the people, things and environments that drag you down and cause you to remain a alcoholic and drug addict.

**Q. Your book talks about making a U-TURN please elaborate.**

A. Think of it like this: If you struggle with drugs and alcohol most likely your life is a wreck or you know you are headed for disaster. Most all of us know of someone that has ruined their life with this life style. So if you are desperate for change and you are tired of going down this road, you too can make a U-TURN. In my book I give you real life practical tools for making a U-TURN. Think of it as a course correction, turning your troubles into your testimony, defeat into victory and tragedy into triumph.

**Q. How did you get started into drugs and alcohol?**

A. It all started with the first drink of a beer. People told me that it could progress into an addiction but I did not believe them. It did, and it took me nearly 20 years to put it completely behind me. It is like that first drink or that first hit of a joint is bait on Satan’s sharp hook. Once it is in you it is difficult to break loose.

**Q. What tools do you provide to help people turn from a destructive lifestyle?**

A. First and foremost I tell real life stories of the results of this lifestyle. This cause one to desire the change. I then provide several suggestions such as the Action Plan, 30- Day Challenge, Celebrate Recovery, Spiritual Surgery and most importantly a personal relationship with Jesus Christ.

**Q. If you could say one thing to thousands of people struggling with drugs and alcohol what would it be?**

A. If you are desperate for change you can do it. Start by turning your heart and mind toward Jesus Christ. Pray to Jesus asking him to forgive and help you. Read your Bible and Pray daily. GET HELP and never never give up. You can do this; you can overcome with God’s help. I believe in you!

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## Biography of Fred DePold author of

### *Stand At the Crossroads*

#### *Wisdom From Those Who Have Been There and Done That*



Fred DePold lives in southern Idaho on a small acreage with his wife Lisa. They were high school sweethearts and are still best friends. DePold's life of drug and alcohol abuse started casually as a teen. A beer here and a joint there turned into 20 years of struggle that affected his relationships with friends, family and acquaintances. He recognizes that partying can seem fun at first, but in the long term it will destroy your life.

Fred was previously an Outreach & Evangelism Pastor however his passion still burns to help people in need to restore their life, family and relationship with God. He is the founder of Restoration Ministries distributing food to poor and needy, and the founder of UTURN

Ministries helping people in need to overcome their hurts and addictions and start living a blessed successful life with the help of our Lord and Savior Jesus.

He is a husband, father of three, and grandfather. Fred spends many of his weekends down at the county juvenile detention center trying to help these teenagers make a course correction in life before it is too late.

For more information about U-Turn ministries visit [www.uturnministriesinc.com](http://www.uturnministriesinc.com)

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## **Suggested Interview Questions with Fred DePold author of**

### ***Stand At the Crossroads***

*Wisdom From Those Who Have Been There and Done That*

#### **TOPICS:**

- **The destruction alcohol and drugs brings to a person's life**
- **Prescription drugs the new addiction**
- **The Bible on Generational Curses**
- **How you can overcome and make a U-TURN in life**

#### **QUESTIONS**

1. What are the two major principles you communicate in this book?
2. Who did you write this book for?
3. What does the phrase "Wisdom From Those Who Have Been There and Done That" located on you front cover mean?
4. Why did you choose to call this book Stand At the Crossroads?
5. What was the number one factor that helped you overcome your alcohol and drug addiction?
6. What is your definition of "Spiritual Surgery"?
7. Your book talks about making a U-TURN please elaborate.
8. How did you get started into drugs and alcohol?
9. What tools do you provide to help people turn from a destructive lifestyle?
10. If you could say one thing to thousands of people struggling with drugs and alcohol what would it be?

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