

JENNIE ALLEN

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Jennie Allen is a staunch believer in the power of just one life beautifully lived—and she is determined to pass her belief on to women everywhere. With her own purpose to disciple a generation as inspiration, the in-demand speaker, author, and teacher officially launched IF:Gathering, an innovative forum for women, in 2014. The event has since become one of the fastest growing conferences and movements in the world, empowering participants across continents and denominations to live honestly and deeply. With stark candor, humor, and vulnerability, Jennie connects women to purpose by sharing her own struggles through her blog, acclaimed books, talks, and more. In January of 2017, she will publish her highly anticipated third book **NOTHING TO PROVE: WHY WE CAN STOP TRYING SO HARD**. Jennie lives with her husband Zac and their four children in Austin, Texas. For more information, please visit www.JennieAllen.com.

Why Jennie Allen?



- As the founder of IF:Gathering, one of the fastest growing conferences for women in the world, Jennie reaches millions. Launched just two years ago, the movement remains dedicated to the purpose it was founded upon - unleashing the next generation of women to live out their purpose. More than one million viewers in a total of 122 countries around the world tuned in to IF:Gathering 2016 for an inspiring two-day event live streamed from Austin, Texas. The initial installment in 2014 sold out in just 47 minutes; 2017 sold out in four - IF:Gathering has reimagined the format and potential of the contemporary conference.
- Jennie's compelling blend of confession and instruction serves as a distinctly gentle but clear call to action. Insightful, smart, and often laugh-out-loud funny, she connects with every audience member or reader on a uniquely personal level. Her call is to disciple a generation.
- A substantial and growing social media platform puts Jennie in front of a receptive audience daily: almost 60,000 on Facebook, plus nearly 55,000 on Instagram and more than 35,000 Twitter followers trust her.
- Jennie's message is provocative, appealing, and empowering: Stop trying to please everyone else. Stop numbing yourself with distractions like Netflix. Start pursuing the life you were created to live.
- Jennie is a new breed of faith leader whose significant influence is anchored in authenticity. Her audience, which comprises a broad cross-section of different races, ages, and geographic locations, reflects America's modern diversity.

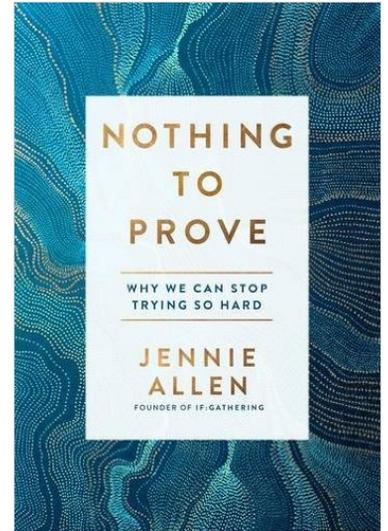
“When I talk to a lot of women, I hear the same hunger in your stories. When I meet you, I see it in your eyes. You want your joy back.”
– Jennie Allen, *Nothing To Prove*

“We are missing our lives. Striving is stealing our joy, our moments.”
– Jennie Allen, *Nothing To Prove*

About the Book

Nothing To Prove: Why We Can Stop Trying So Hard

In her new book **NOTHING TO PROVE: WHY WE CAN STOP TRYING SO HARD**, author, in-demand speaker, IF:Gathering founder, teacher, wife, and mother of four Jennie Allen asserts that we all have a unique calling and access to a new way to live – and that too many of us are missing it all as we chase ephemera. Jennie argues that instead of truly living, women are striving for approval, hiding their hardships, and then numbing out to cope with the subsequent stress. Fleeting diversions such as shopping, social media, Netflix, alcohol, career, food, exercise, and more offer quicksand-like escapes that are actually robbing us of our joy. Highlighting the liberation that only comes with open-armed honesty, **NOTHING TO PROVE** invites women to wake up, conquer fear, build community, and live boldly, impassioned by love and purpose.



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Why Nothing to Prove?



- **NOTHING TO PROVE** reveals that most of us carry our fears, difficulties, pressures, and shame with us constantly. As a result, we wander through life like we are lugging heavy backpacks through the desert without any water. Jennie urges readers to name what is in their backpacks and defeat it by facing what is holding us back.
- Drawing on raw, personal stories, **NOTHING TO PROVE** goes behind the scenes to share Jennie's own struggles with weighty challenges including an eating disorder, ADD, social anxiety, supporting family and friends through crises, mom guilt, loneliness, and more.
- The book's Experience Guides cap off chapters and provide thought-provoking discussion questions and action steps rooted in the text. Every exercise works well in a group setting or for individual study.
- With unflinching honesty, Jennie explores her own former numbness, disconnection, and sad frustration with her seemingly picture-perfect life, which she realized was missing one simple but profound piece: fulfillment. Warmly and confidently, Jennie takes readers on her quest to find her joy again – and helps us to find our own in the process.
- **NOTHING TO PROVE** reads like a heart-to-heart with a dear friend over coffee: Jennie is wise, often hilarious, and refreshingly real.

“What if I told you today you could start enjoying yourself and your life without performing or striving for another minute? What if I told you that you don't measure up? And that's okay. In fact, it's necessary.”
– Jennie Allen, *Nothing To Prove*

“But numb is not living. Numb is sleepwalking through our one gift of a life.”
– Jennie Allen, *Nothing To Prove*