

RASHAD JENNINGS

f /rashadjennings23

🐦 @rashadjennings

📷 @rashadjennings



Rashad Jennings, former record-setting NFL running back, “Dancing with the Stars” champion, actor and philanthropist, credits his success to one simple attribute: a strong work ethic. In high school, Jennings overcame poor vision, debilitating asthma, a 0.6 GPA and being the fifth string running back to receive a scholarship to play college football at the University of Pittsburgh. After his freshman season, he would transfer to Liberty University in order to be near his family and to take care of his ailing father. Jennings would go on to spend eight years in the NFL, where he played for the Jacksonville Jaguars, the Oakland Raiders and the New York Giants. Now, he is focused on pursuing dancing, acting, speaking, serving as a philanthropist through his foundation and other endeavors. The Rashad Jennings Foundation is dedicated to inspiring youth by making education an enjoyable experience, providing mentorship and encouraging an overall healthy lifestyle. His first book, “THE IF IN LIFE: How to Get Off Life’s Sidelines and Become Your Best Self,” is available May 8. For more information, please visit TheIfinLifeBook.com.

Why Rashad Jennings?



- Jennings is the definition of an underdog: he went from a fifth string running back to a starter his junior year of high school and overcame a 0.6 GPA to receive a scholarship to play football at the University of Pittsburgh. At Pitt, he would attain a 3.5 GPA, receive a Writer of the Year award and be one of only four freshman to have ever started at running back.
- Just like football and his education, Jennings gave his all when he competed on Season 24 of “Dancing with the Stars.” He and his partner, Emma Slater, spent 362 hours rehearsing – 100+ more hours than any other team in the show’s history – and were named champions of the season.
- Michael Strahan, NFL Hall of Fame defensive end, NFL analyst and Emmy Award winning TV personality attests to Jennings’s character in the foreword to THE IF IN LIFE, writing, “Even after having achieved so many of my own dreams, I am truly inspired by this story of a once overweight, asthmatic kid, who struggled academically. As a teenager, Rashad made the mature decision to *stop letting life happen to* him, and instead *start making life happen for* him. The man he has become is living proof of what you can do when decide to apply yourself and let no one and nothing stop you.”
- Through his work with The Rashad Jennings Foundation, Jennings is dedicated to inspiring youth through education, providing youth with mentorship for success and encouraging health and fitness as a way of life. In 2017, the foundation helped more than 30,000 students read more than 167,655 books.

““ *I want you to understand that the impact you have on siblings or younger kids in your neighborhood or church, is huge. They look up to you whether you realize it or not. And when you take an interest in them, notice their gifts, and inspire them to be the best they can be, it can make a big difference in their lives. Your encouragement and involvement could help that kid who struggles between giving up – because they think they’re too stupid, too fat, or just not enough – and choosing to face their challenges and find success. You’re never too old or too young, too popular or too weird, too powerful or too weak to help someone else.”*

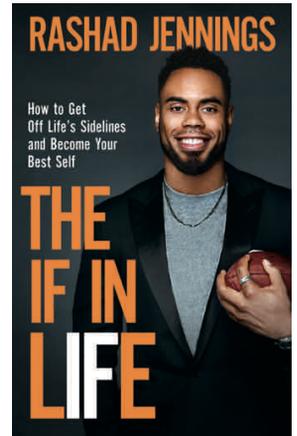
- Rashad Jennings, *The IF in Life*

About the Book

The IF in Life: How to Get Off Life's Sidelines and Become Your Best Self

Have you ever had a dream or a goal that seemed so impossible no one – not even your father or coaches – believed in you? Meet Rashad Jennings. As a child, Jennings dreamed of becoming an NFL star. Fast forward to his junior year of high school: Jennings was a fifth string running back who struggled with debilitating asthma and a 0.6 GPA. Used to sitting on the sidelines, he was caught by surprise when the four other running backs ahead of him were all injured in the last game of the season and he was called upon to help his team. That one moment was the catalyst that changed everything. Jennings would go on to play college football, earn a 3.5 GPA and spend eight years in the NFL. In his new book, **THE IF IN LIFE: How to Get Off Life's Sidelines and Become Your Best Self**, Jennings shares the inspiration, determination and drive that have marked every chapter of his life. Readers will understand that determination and a strong work ethic can propel them to achieve their dreams, no matter how big or impossible they may seem.

Zondervan | ISBN: 978-0310765967 | May 8, 2018- \$18.99



Why The IF in Life?

- Unlike many motivational reads, the author of THE IF IN LIFE, Rashad Jennings, has been there – on the bench, at the bottom of the list, counted out – to show readers that they have it within themselves to dig deep and achieve their dreams.
- Jennings gives readers an honest, personal look at his childhood and family. From a father who was emotionally absent and unsupportive to responding to racism with grace and facing criticism, he doesn't just share the highlight reel from his inspiring career.
- A read for all ages, Jennings walks through his formative years to inspire kids and teens to overcome the doubt they may face from teachers, coaches and even parents. By sharing his own stories of how to question authority respectfully and how to gracefully deal with adversity, Jennings gives kids and teens examples for dealing with issues they face in the classroom, on the field or at home.
- Jennings urges readers to find their *why*. For him, he visualized the end goal: playing in the NFL. Finding his *why* propelled him to work harder, ignore the naysayers and never forget the reason behind his drive.
- Viewers around the country were moved by Jennings's emotional tribute to his father – a relationship that was once strained and void of emotion – during his time on "Dancing with the Stars." THE IF IN LIFE details the rocky relationship Jennings shared with his father and why that dance meant more than just a high score.
- Sports fans will welcome this inside look at a figure who they've cheered on from the sidelines, while readers who aren't familiar with Jennings's famous touchdown dances will find inspiration and meaning in the story of a man who overcame doubt and obstacles to achieve his dreams.

“ *Choosing how we use the resources we've been given – our health, our relationships, our finances – is one of those ifs in life. And the way we navigate the if determines the outcomes we achieve.* ”
– Rashad Jennings, *The IF in Life*

“ *As you hold in your mind a picture of the goal you're after, you have a reason for showing up early, giving your all, and staying late. Whether anyone else notices, that why is what helps you keep making the right choices – even the hard ones.* ”
– Rashad Jennings, *The IF in Life*