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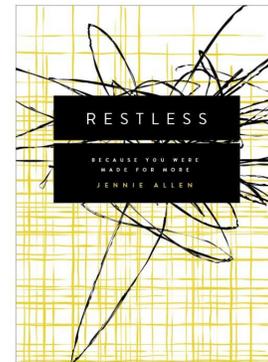
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JENNIE ALLEN TO WOMEN: LEAN INTO RESTLESSNESS, DISCOVER YOUR CALLING, LIVE YOUR PASSION

RESTLESS BOOK & DVD-BASED STUDY RELEASE JANUARY 2014

(Nashville, Tenn.) Why are so many Christian women feeling restless? Even after committing their lives to Christ and attending church for years, these women feel a nameless stirring in their hearts. Jennie Allen believes that restlessness is from God -- urging women to explore their personal stories and passions so they can embrace a unique life purposes.

Bible teacher **Jennie Allen's** new book, *Restless: Because You Were Made For More* (W Publishing Group) meets women in their restlessness and helps each person sort out the unique vision God has for her life. Jennie believes discovering this vision is quite possibly a Christian's greatest responsibility, second only to knowing and loving God. She dares women to believe that God has a vision for how each person should spend her life – then dares each reader to discover her own personal life calling.



Jennie admits she has personally struggled with restlessness and a sense of purpose for her life. As a young mother with young children to care for, she had narrowed her life's focus to four walls. "In the process of making a family I somehow lost myself. Passions were pushed aside, dreams trickled away, and the needs of people outside my family had escaped me. What I needed was a sense of purpose." And as Jennie began to dream again, she realized God's calling on her life included motherhood, but it was not limited to that one call. She also felt a deep passion for calling a generation of women to know and serve God.

Using the Biblical story of Joseph as a guide, Jennie reminds readers that the dreams God gives each person are uniquely fashioned by and for their individuality. She guides women through a process of discovery divided into three sections:

- **The Call** –Jennie makes the case for dreaming, for allowing women to have permission to dream, to see themselves as more than qualified to impact the world around them and bring deeper purpose and meaning to life.

- **The Threads** – Jennie helps readers identify the raw materials they’ve been given and discover how, together with God and the needs they see in the world, these threads (passions, gifts, people, places, and suffering) shape their unique life purpose.
- **The Process** – Jennie names the fears that creep in as a woman discovers her calling, encourages readers to build a team that will encourage and support their callings, and practical tips for staying focused on their unique purposes.

Restless is designed to help women explore their own personal journeys and callings alongside feedback from those who know them best. Jennie Allen crafted her book -- and *Restless* video curriculum -- to help readers walk through three areas of exploration:

- To help make sense of the seemingly random relationships and activities of life
- To see how God can and is redeeming their lives’ hurts and scars
- To place each woman’s individual story within the context of God's greater story

Jennie Allen is quickly becoming one the country’s most in-demand authors and speakers for women. Her theologically-rooted insight, combined with candor and vulnerability have made her teaching instantly accessible to women of all ages. Her first trade book, *Anything*, earned the 2013 Christian Book Award for New Author (Evangelical Christian Publishers Association). Her popular DVD-based Bible studies include *Chase* and *Stuck* – with the *Restless* video study releasing in January 2014 alongside the trade paper book.

Jennie Allen holds a master’s degree in Biblical Studies from Dallas Theological Seminary. Her passion is to encourage women to serve God and others by pursuing their passion. She serves in ministry alongside her husband, Zac. They have four children and live in Austin, Texas. Jennie is the founder of the If Conference, which launches February 2014. Jennie’s blog can be found at www.JennieAllen.com.

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Restless: Because You Were Meant For More

by Jennie Allen

www.JennieAllen.com

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Format: trade paper Trim: 8.38” x 5.50” Category: Religion/Christian Life/General

Also available from Thomas Nelson In January 2014: Restless DVD-based Bible study

Review copies, reprint permission and interviews are available.
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