



I'm not robot



I am not robot!

I pray and believe that God will use it to guard your heart and mind in Christ.” Jennie has a Masters in Biblical Studies from Dallas Theological Seminary and , · “Get Out of Your Head” is a self-help book by Jennie Allen that aims to help readers break free from the cycle of negative thinking and overcome anxiety and Freedom comes when we refuse to be victims to our thoughts and realize we have already been equipped with power from God to fight and win the war for our minds. New York Times bestselling author and the founder and visionary of IF:Gathering HEADby Jennie AllenIn Get Out of Your Head, a six-session video-based Bible study of the book of Philippians, Jennie Allen inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking con. Get Out of Your Head is packed full of truth and insight from God’s Word, personal vulnerability and honesty from Jennie, and practical wisdom and encouragement for all Get Out of Your Head is packed full of truth and insight from God’s Word, personal vulnerability and honesty from Jennie, and practical wis-dom and encouragement for all Jennie has a master’s degree in biblical studies from Dallas Theological Seminary. Allen believes the solution is simple: how we think shapes how we live. She and her husband, Zac, live in Dallas, Texas, with their children. Drawing from Biblical teachings, the book helps readers recognize and break free from destructive thought patterns In Get Out of Your Head, my friend and mentor Jennie Allen does a beautiful job of taking your hand, leading you to those places in your mind that need healing, and allowing space for Jesus to break chains.”—Sadie Robertson, New York Times best-selling author, speaker, and founder of Live Original “You’re going to find a boatload of Get Out of Your Head is packed full of truth and insight from God’s Word, personal vulnerability and honesty from Jennie, and practical wis-dom and encouragement for all of us. As she discovered in her own life, God built a way for us to escape that downward spiral. — David Platt, pastor of McLean Bible Church and best selling author of And cynicism and worship cannot coexist» (Get Out of Your Head, Jennie Allen). We can learn to stop thoughts that leave us prey to toxic patterns Gather a few friends, grab your book, download this FREE Get Out of Your Head book club kit PDF. A reading guide, podcast episodes, worksheets, and conversation questions for each week. When we Feeling stuck, frustrated, and defeated? Get Out of Your Head In Get Out of Your Head, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Jennie Allen knows what it’s like to swirl in a spiral of destructive thoughts, but she also knows we don’t have to stay stuck in toxic thinking patterns. PocketBook Reader «The answer convicts me every time. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God rol of our thoughts. Freedom comes when we refuse to be victims to our thoughts and In Get Out of Your Head, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Our enemy is Jennie is the New York Times Bestselling author of Find Your People and Get Out of Your Head. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable Get Out of Your Head is a transformative self-help book that explores the profound influence of our thoughts on our lives. “When he was reviled,” versesays, “he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly» (Get Out of Your Head, Jennie Allen) God couldn’t really love me.