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Allen's "Nothing to prove: Why we can stop trying so hard" (book review)

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Book Reviews



Allen, J. (2017). *Nothing to prove: Why we can stop trying so hard*. Colorado Springs, CO: Waterbrook. 235 pp. \$22.99. ISBN 9781601429612

Jennie Allen is the visionary and founder of IF Gathering which exists to gather equip and unleash the next generation to live out their purpose. She's both an author and speaker.

Her goal in writing *Nothing to prove: Why we can stop trying so hard* is to break the reader out of a striving mentality and cause the reader to see and embrace all the Lord has for us. After whetting our appetites to break free and come up for air, the reader has the opportunity to journey into God's streams of enoughness where we are no longer thirsty, lonely, tired, passive, afraid, ashamed and empty. She uses the Gospel of John to illustrate these characteristics that may be replaced with fulfillment, connection, rest, risk, hope, grace and calling. This book is not to be read passively. At the conclusion of the chapters under the banner entitled "Streams of Enoughness" she has an Experience Guide designed to guide the reader to apply the material.

This work is highly recommended for all libraries and readers.

Reviewer

Lindsay Van Sicklen