

# GET OUT OF YOUR HEAD



Stopping  
the Spiral  
of Toxic  
Thoughts

## JENNIE ALLEN

Best-Selling Author of *Nothing to Prove*

# Table of Contents

Cover

Title Page

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Contents

Part One: All the Thoughts

1. Thinking About Thinking

2. What We Believe

3. Spiraling Out

4. Breaking Free

5. Where Thoughts Are Captured

6. Make the Shift

Part Two: Taking Down the Enemies of Our Minds

7. Drawing Battle Lines

8. Holding Space for Silence: I Choose to Be Still with God

9. Lifelines: I Choose to Be Known

10. Unafraid: I Choose to Surrender My Fears to God

11. A Beautiful Interruption: I Choose to Delight in God

12. Less Important: I Choose to Serve God and Others

13. Not Overcome: I Choose to Be Grateful

14. Run Your Race: I Choose to Seek the Good of Others

Part Three: Thinking as Jesus Thinks

15. Who Do You Think You Are?

16. Dangerous Thinking

Dedication

Acknowledgments

Notes

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## **Praise for *Get Out of Your Head***

“This is a must-have resource for anyone looking to get control of thoughts that sometimes spin out of control. *Get Out of Your Head* is the book we all need to help us do this. It’s so easy to park our minds in bad spots—to dwell on and rehash and wish things were different. But to obsess over hard things only deepens our emotional emptiness. I love how Jennie helps us see how unhealthy thoughts can be overcome by our faith, starting right now.”

—LYSA TER KEURST , #1 *New York Times* best-selling author and president of Proverbs 31 Ministries

“I know from personal experience just how easily our thoughts try to hijack our faith and throw us into a negative spiral. *Get Out of Your Head* will equip you with practical biblical tools to take control of your thoughts so they don’t control you.”

—CHRISTINE CAINE , best-selling author and founder of A21 and Propel Women

“My wife, Heather, and I both read this book and were deeply helped by it. *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 of us. I pray and believe that God will use it to guard your heart and mind in Christ.”

—DAVID PLATT , pastor of McLean Bible Church and  
best-selling author of *Something Needs to Change*

“Sometimes the only barrier to our personal and spiritual growth is our thinking. Jennie Allen’s new book gives us all hope and shows us how to deal with the negative thoughts that stifle and paralyze us. We need to be reminded daily of how to take every thought captive and surrender to the only One who can free us. This book is a beautiful reminder that God is at work in all the messiness of our minds. God beckons us to get out of our heads and practice daily presence and rest with Him.”

—LATASHA MORRISON , author and founder of Be the  
Bridge

“The battle between your ears determines how you win at life. And I can testify, because of how she’s personally fought for me and generations of women around the globe, there is no better faith fighter, Word warrior, and soul defender than Jennie Allen, who makes herself your personal trainer in these practical, transformational pages, alight with holy fire. She shows you how to take down anxiety, take back the mental high ground, and take more territory for the kingdom. Get out your highlighter, and get ready to gain the victory. You are about to get out of your head and get to where your heart has always hoped to be.”

—ANN VOSKAMP , *New York Times* best-selling author of  
*The Broken Way* and *One Thousand Gifts*

“You know those books you buy twenty copies of and then forcefully give to everyone you know? Yeah, this is one of those books. Hands down. Powerful. Prophetic. Necessary.”

—JEFFERSON BETHKE , *New York Times* best-selling  
author of *Jesus > Religion*

“Someone might read the title of Jennie Allen’s latest book—*Get Out of Your Head: Stopping the Spiral of Toxic Thoughts*—and casually assume that it’s sort of a pop-psychology ‘just think positive thoughts and you’ll be fine’ kind of book. If so, they’d be making a wrong assumption. This substantive and probing book faithfully engages the reader with truths about the Bible, theology, science, spiritual disciplines, mental health, and, ultimately, about following Jesus. With honesty and vulnerability in sharing her own confessions and struggles, Jennie has written a book that I truly believe will challenge, bless, and empower all those who read it.”

—REV. EUGENE CHO, founder of One Day’s Wages and  
author of *Thou Shalt Not Be a Jerk*

“Jennie Allen speaks so powerfully to this generation and teaches us so simply how to not allow our limitations to be our loudest story. Jesus > us. His desire is that we get out of our heads and live profound lives of freedom for His glory.”

—SHELLEY GIGLIO, cofounder of Passion Conferences  
and Passion City Church

“I’m so glad Jennie tackles a difficult topic that so many of us face. Renewing our mind is essential for a life of flourishing with God. These pages hold clear action items to help you get out of your head and on to the journey of walking free.”

—REBEKAH LYONS, author *Rhythms of Renewal*

“What a timely message! 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. I recommend this book to everyone—especially our generation!”


—SADIE ROBERTSON, *New York Times* best-selling author, speaker, and founder of Live Original

“Jennie Allen has been a trusted voice in my life for years. She is wise and kind and loves Jesus with a contagious passion rarely found. She’s also fearsome in the way she loves people and engages difficult issues. You’re going to find a boatload of love and truth in these pages. This book won’t just change the way you think; it will alter the way you live.”

—BOB GOFF, *New York Times* best-selling author of *Love Does* and *Everybody, Always*



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WATERBROOK



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