



AUTHOR AND SPEAKER SHELLIE TOMLINSON HELPS BELIEVERS MOVE PAST COMMON STRUGGLES TO ENJOY THE LIFE-TRANSFORMING GIFT OF PRAYER. .

What if you could actually enjoy praying? Have you ever wondered how some people learn to be with God, how they talk of hearing God, when you can't seem to get anywhere in prayer?

We know we should pray, but precious few of us enjoy a healthy prayer life. Author Shellie Rushing Tomlinson knows how it feels to be stuck in a hit-or-miss prayer life while longing for a deeper connection with God.

Don't Try to Pray Like Her: Fifteen Simple Habits to Enjoy a Realer, Richer Prayer Life is packed with Southern charm, humor, and fifteen prayer habits drawn from Shellie's own experience. They're each built around a short story and a practical prayer support that will help you learn to enjoy lingering in God's presence and fill you with confidence that God wants to hear your prayers, no matter how you pray.

SHELLIE RUSHING TOMLINSON is an award-winning multi-published author, speaker, and farmer's wife known for saying, "Life can be hard when it's good, but it's always better when you're laughing." Shellie excels at using humor and storytelling to unpack biblical truth aimed at helping others discover the lives Jesus died to give them. Jeff Foxworthy endorsed her award-winning humor books *Suck Your Stomach In and Put Some Color On* and *Sue Ellen's Girl Ain't Fat, She Just Weighs Heavy!* Shellie's Christian nonfiction works include *Seizing the Good Life* and *Heart Wide Open*. After more than a decade in radio, Shellie now hosts *The Story Table* podcast and cohosts the popular *Rocking It Grand* podcast with her friend, Chrys Howard, on the Christian Parenting network.

"This book will make you laugh and smile, but most of all, it will make you want to pray. Shellie Tomlinson writes like a friend. You can feel her hugs as you read, and you will be drawn into having a more meaningful conversation with God with every chapter."

—Arlene Pellicane
Author, *Grandparenting*
Screen Kids host, *Happy Home* podcast

HAVE YOU EVER ALLOWED YOURSELF TO EVEN CONSIDER THAT YOUR GOD LOVES TO HEAR YOU PRAY?

“If you’ve ever panicked when asked to pray out loud, grown restless when someone prayed too long, wondered why your own prayers seemed to bounce off the ceiling, or marveled at the eloquence of someone else’s prayers—this book is for you. Shellie shares fifteen honest stories with practical takeaways. Guaranteed, at least three or four will speak directly to your own prayer life.”

—Jay Payleitner
Best-selling author,
*52 Things Kids
Need from a Dad*

SUGGESTED INTERVIEW QUESTIONS

- What inspired you to write a book about personal prayer lives and not comparing our prayer lives to others?
- What is it about prayer that you feel the church needs to do a better job of communicating?
- I noticed you open each discussion of the different prayer habits with humor and personal stories. Is there a reason behind that?
- You’re very intentional about not positioning yourself as an expert on prayer. Tell me a little more about why that is.
- If you had a favorite prayer habit out of the 15, which one would it be and why?
- What has been your biggest personal surprise about prayer?
- You’ve prepared some additional aids with this book to help your readers. Tell us more about those.
- This book has “her” in the title, but I hear the response from men has surprised you. How so?

ADDITIONAL TOPICS OF CONVERSATION

- Relying on the team of Father, Son, and Holy Spirit.
- Not trying to pray in ways we don’t normally communicate.
- Overcoming mind wandering and distractions during prayer.
- The benefits of breath and body movement in prayer.