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DANCING WITH THE STARS CHAMPION AND FORMER NFL RUNNING BACK RASHAD JENNINGS WRITES DEBUT TITLE

Provides readers with inspiration to sideline their fears and follow their dreams

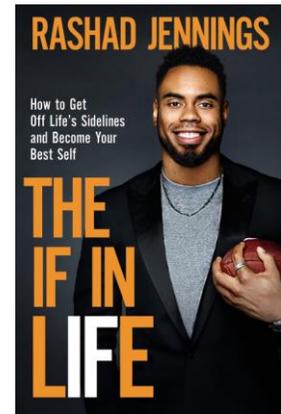
Grand Rapids, MI – January 23, 2018 – In his debut book, *The IF in Life: How to Get Off Life's Sidelines and Become Your Best Self*, former NFL running back and *Dancing with the Stars* Season 24 champion, Rashad Jennings, shares his inspiring story, imparts practical advice, and encourages readers to follow their dreams.

Growing up, Rashad was overweight, had poor vision, suffered from debilitating asthma, and acquired a 0.6 GPA - yet he still hoped to one day play in the NFL as a running back. To say the odds were stacked against him is an understatement. Through hard work and determination, the encouragement and often tough love from his brothers and coaches, and the support of mentors too numerous to count, Rashad became a record-setting NFL running back. During his eight-year NFL career, Rashad played with the Jacksonville Jaguars, the Oakland Raiders, and the New York Giants.

In *The IF in Life*, Rashad writes about the decisions that shaped his destiny, both on and off the field. From overcoming injuries and setbacks, to setting goals and dreaming big, Rashad's transparency about his journey will encourage readers to hold on to faith during uncertainty and remind them that greater things are waiting if you stay focused and believe.

Jennings' inspiring, story of tenacity and an unending hope will motivate and encourage anyone who strives for excellence and success in life. The book also features photos from Rashad's childhood, college years, and professional career.

The IF in Life by Rashad Jennings will be available online and in stores on May 8, 2018.



About the Author: Rashad Jennings is a national personality. Throughout his successful eight-year career in the NFL, as well as his championship performance on ABC's *Dancing with the Stars*, Jennings has gained the love and support of fans across the country. Today, Jennings is driven to make a national impact and lasting legacy. The Rashad Jennings Foundation is dedicated to inspiring youth by making education fun, providing mentorship for individual success and promoting health and fitness. Follow Rashad on Twitter, Instagram, Snapchat and Facebook, @rashadjennings.

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