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FOR IMMEDIATE RELEASE

Author Jason Frenn Shares 'Power to Reinvent Yourself':

No Matter How Dysfunctional Your Background, God Can Help You Change

IRVINE, Calif., Sept. 17, 2010 -- Jason Frenn uses his family background of divorce, alcoholism and conflict to great effect in his new book, "Power to Reinvent Yourself: How to Break the Destructive Patterns in Your Life," coming Oct. 13 from Faith Words.

Frenn's mother and father separated when he was three and divorced when he was nine. His mother struggled with alcoholism, and his father worked as a bartender for more than 50 years.

His mother remarried someone 32 years older than she was, and she was his sixth wife.

Out of this tumultuous environment emerged a committed family man and missionary-evangelist who has spoken to crowds totaling more than 3 million in Latin America and the United States.

"In Power to Reinvent Yourself," Frenn walks readers, particularly ones from dysfunctional backgrounds, through the steps needed to make dramatic changes in their lives with God's help.

"Whether you come from a wonderful family with a rich heritage or from a dysfunctional home, God offers you the power to reinvent your life," Frenn writes. "Without the power of God, breaking the cycle of sinful patterns is nearly impossible. But with God, all things are possible (Matt. 19:26)."

Frenn outlines six essential steps in reinventing yourself:

1. Discover your why – Before transformation can take place, you need to identify the reason you want to change, the incentive that will prevent you from giving up.
2. Change your perceptions – You need to see your life for what it truly is.

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3. Break the cycle of destructive behavior – First identify harmful behavior patterns passed down to you.
4. Form Godly habits – Three keys are biblical teaching, Christian fellowship and prayer.
5. Choose to forgive – Bitterness winds up hurting only you.
6. Overcome with the help of others -- Surrounding yourself with Godly people is essential.

Frenn encourages readers to examine their own lives, come to some real conclusions about their behavior and motivation and allow God to do a great and mighty work in them.

“Change starts when we open our hearts and ask for help,” Frenn writes. “Once we come to a place where we say, ‘God, I need your help to change,’ He can begin the process of rebuilding our lives. God wants to help you overcome destructive patterns. He wants to help you get past the things that hold you back. But His work begins only when you give Him permission.”

In concluding his book, Frenn issues a word of advice:

“Expect delays in the process of reinventing yourself. Changing your life is not done overnight. Many of the patterns of destruction in which we find ourselves take years to form. And it will take time to move beyond them. ...

“When transformation seems slow, remember that God is in your corner, and you will win the good fight.”

For more information about Frenn and his book, “Power to Reinvent Yourself,” visit <http://www.jasonfrenn.com>.

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Note to Editors: For more information about Jason Frenn’s “Power to Reinvent Yourself,” please visit <http://www.alrcnewskitchen.com/jasonfrenn>. To request a review copy or arrange an interview with Frenn, please contact Steve Yount at 972.267.1111 or via e-mail at steve@alarryross.com.