



Allie Marie Smith

AUTHOR & SPEAKER

Founder & CEO of Wonderfully Made®
Suicide Survivor & Mental Health Advocate
alliemariesmith.com | wonderfullymade.org

Meet Allie

Allie Marie Smith is an award-winning author, speaker, podcast host, life coach, mental health advocate, and the Founder and CEO of Wonderfully Made®, a national non-profit organization dedicated to helping teen girls and women know their God-given value, identity, purpose, experience vibrant mental health, and lead flourishing lives.

She is the author of *Social Media Reset: A 30-Day Guided Journey to Unplug, Reconnect with God, and Reclaim Your Joy* and *Wonderfully Made: Discover the Identity, Love, and Worth You Were Created For*. She hosts the Wonderfully Made® Podcast, with hundreds of thousands of downloads globally. Allie has directed thirty retreats and conferences for over 10,000 people.

Allie is open about her past battles with mental health challenges, which led her to surrender her life to God. For over twenty years, she has dedicated her life to helping others know their true value and identity through a relationship with Jesus Christ. She has shared her testimony with millions on national radio and television, including Life Today, Building Relationships with Gary Chapman, Hope Today on Cornerstone TV, The Harvest Show, CBN, and several other outlets, including several national radio stations. She has spoken for distinguished colleges and many churches.

As a lifelong athlete, Allie is passionate about living a healthy, active lifestyle. She enjoys writing, playing with horses, surfing, and adventuring up and down the California coast with her husband, Paul, and Golden Retriever Gidget.



Allie's Story

As a girl, Allie was confident and an accomplished athlete and student. She came from a good family and had a bright future, but around the age of twelve, she started to experience unexplained feelings of loneliness, unworthiness, and depression. In high school, as a well-liked and accomplished scholar-athlete, Allie looked like she had it together, but she fighting a hidden battle with depression no one knew about.



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She hid her struggles behind perfectionism and overachieving, but it escalated through high school. Two weeks after graduating high school summa cum laude, she found herself in a deep, dark, and debilitating depression. She couldn't eat, sleep or talk. Allie said, "My body was alive, but there was no life within me." Two weeks later she was hospitalized for wanting to end her life.

On a gloomy June day that summer at the age of eighteen, she headed off with one destination in mind: The Golden Gate Bridge — with the intention to end her life by jumping off, until God miraculously intervened, giving her a flat tire and bringing a kind-hearted man to her rescue. That fall, after starting college 3,000 miles away on the East Coast, she fell into a dark and even more dangerous depression. While in the hospital, she asked for a Bible, and in the hospital chapel, while a woman sang Amazing Grace, she surrendered to life to Christ.

Despite multiple hospitalizations and another suicide attempt at the age of 21 that nearly took her life during her sophomore year of college, today, she is thriving due to her faith, community, healthy habits, and professional help. Allie is on a mission to help people know that they, too, can overcome mental health issues and any challenges they are facing.

Allie believed if just one person could be reached with the hope, healing, and love of Christ that saved her and transformed her life, it would be worth the effort. And it has been. Over the last twenty years, she shared her story with millions of people through Wonderfully Made, which she founded in college.

Allie's powerful story is a testament to what God can do with a broken life and that nothing is impossible for Him. Allie is able to connect with her audience in a way others cannot, and every time she speaks, people share their own stories with her and are filled with hope that they, too, can overcome and live happy and whole lives.

**Allie Marie Smith is available as a speaker for your event,
+ for TV, radio, and podcast interviews.**

Past Speaking Appearances

Pepperdine University
Westmont College
Bethel University (Indiana)
Providence School (Santa Barbara)
Anchored In Love Conferences
Shadow Mountain Community Church
The Rock Church San Diego
Calvary Chapel Santa Barbara
Calvary Chapel Pearl Harbor
Calvary Chapel Nexus
Calvary Chapel Oceanside
Grace Baptist Church
Valley Christian Fellowship
Santa Ynez Valley Presbyterian Church
And many more



**ALLIE'S WRITING HAS BEEN PUBLISHED IN
MEDIUM, DARLING MAGAZINE, AND CANVAS REBEL.**

HER PAST MEDIA APPEARANCES INCLUDE:

- Life Today
- Building Relationships with Dr. Gary Chapman
- Bridge City News Canada
- Cornerstone Television: Hope Today
- Parenting Great Kids with Dr. Meg Meeker
- 700 Club
- And dozens more





WONDERFULLYMADE 

KNOW YOUR VALUE

Speaking & Interview Topics

Allie's Testimony

In this powerful message, Allie shares her story of battling severe depression and mental health struggles and how God has restored her life to offer others hope that they, too, can overcome mental health issues and lead flourishing lives.

What Social Media Is Doing to Our Souls & What to Do About It

Inspired by Allie's book, "Social Media Reset," this message uncovers the dangers of social media and its negative impact on mental health. It educates people on its addictive nature, how it affects us spiritually, and what it does to our brains, sharing alarming research and statistics. This message equips people, offers practical ways to overcome addiction, and inspires them to live more intentional and fulfilling lives.

Wonderfully Made

In this message, Allie helps people understand the depth of what it means to be fearfully and wonderfully made in God's image to help them overcome shame and unworthiness, and discover God's purpose for their lives.

How to Thrive with a Mental Health Condition & Foundations of Mental Health

This message gives people hope that they can overcome their mental health struggles and thrive. Allie shares practical tips and proven strategies for ways you can improve your mental health, gives people an understanding of mental health and mental health disorders, and teaches foundations of mental wellness.

INTERVIEWS

Allie is available to talk on many topics, including:

- Her personal story of overcoming mental health struggles
- The toxicity of social media and what it is doing to our souls
- Foundations of mental health
- What it means to be wonderfully made
- Value, identity, and purpose in Christ
- The social media-induced mental health crisis facing youth
- How to overcome social media addiction
- How to fight for your daughter's mental health
- Body image and eating disorders

Testimonials



"Tonight was wonderful and so much of what Allie shared was very close to my testimony and the inner journey I've been on with God the past four years. It helped me believe I can overcome depression and silence the voice of suicide. There were so many nuggets of absolute gold. Thank you, Allie, for your vulnerability and your tenacity to see people walking with freedom, knowing their identity."

KEISHA

"Thank you, Allie, for sharing your story and for acknowledging mental health issues. Many people suffer in silence, but the feeling of not being seen. I counsel four girls who have confessed they have contemplated suicide. Three of the four girls are here tonight. It gave them the hope they needed to keep living."

ALEXIS

"Having collaborated with Allie for over 15 years, I can avow to her distinctive qualifications in the area of young people and their struggles with mental health, social challenges, and spiritual growth. With a unique blend of empathy and resilience, she encourages her audience to overcome obstacles and develop into the person that God created them to be."

DEBRA ULRICK LMFT, LPCC

"With the exponential rise of anxiety, depression, and destructive thoughts within youth culture, the need for wisdom, encouragement, and compassion is higher than ever among young women. Allie is a breath of fresh air in a generation stifled by the darkness of the world. Her story, personality, and ability to powerfully communicate truth provide a way through the lies by offering real hope."

CASEY GROVES, SENIOR PASTOR OF VALLEY CHRISTIAN FELLOWSHIP

Allie's Books

SOCIAL MEDIA RESET: A 30-DAY GUIDED JOURNEY TO UNPLUG, RECONNECT WITH GOD, AND RECLAIM YOUR JOY.

Discover the joy, freedom, and flourishing life that comes with taking a social media break.

We long for lives full of deep connection with God, ourselves, and others. Yet, we have become programmed to seek peace, contentment, and happiness on our phones. We know this isn't how we were created to live. Endless scrolling leaves us feeling anxious, depressed, distracted, and alone, and we realize our deepest needs cannot be met by turning to social media.

Whether you're looking to find true connection, rediscover your passions, or a new way of life that brings you joy, **Social Media Reset** will help you reconnect with what truly matters and guide you toward a life you love of greater purpose and fulfillment.

While the thought of a social media break can feel daunting, Allie is a wise and compassionate guide who will help you:

- Show up for your life with a new level of excitement, intentionality, and joy.
- Take inventory of social media's effect on your physical and mental health as well as your relationships.
- Restore hope that a life of peace and contentment is possible.
- Discover alternate, healthier ways to enhance your life and increase your well-being.
- Seek in God what you may seek in your phone through prayer, reflection, and practical application

ENDORSEMENTS

"With so much research tying social media overuse to increased depression, anxiety, and addiction, it's never been a better time for a guided journey to unplug. Allie Marie Smith takes you by the hand on a thirty-day program that will boost your mood, calm your stress, and enhance your life. And what a beautiful life it can be when you aren't tethered to your devices."

DANIEL G. AMEN

WORLD-RENOWNED PSYCHIATRIST & AUTHOR OF **CHANGE YOUR BRAIN, CHANGE YOUR LIFE**

"We have all heard about the mental, emotional, and relational costs of social media. But what do we do? Allie is both an inspiration and a guide as she teaches us how to not simply think about change but practice the change we long to experience around social media! If you're looking for a resource that's rooted in wisdom and offers practical steps toward lasting growth, look no further. After reading this book, I can confidently say that this is a book we all need and want!"

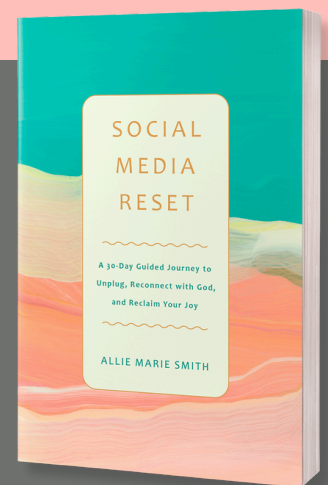
NICOLE ZASOWSKI

MARRIAGE AND FAMILY THERAPIST AND AUTHOR OF **WHAT IF IT'S WONDERFUL?**

"Allie Marie Smith has the voice of a wise guide, a relatable writer, and a compassionate friend. Her newest book is more than a rest from social media; it's also a reset for your soul that will help you realign with what matters most to you. Allie offers spiritual truth, mental health insights, practical strategies, and more in this little book that's sure to have a big impact on your life!"

HOLLY GERTH

WALL STREET JOURNAL BESTSELLING AUTHOR OF **YOU'RE ALREADY AMAZING** AND **THE POWERFUL PURPOSE OF INTROVERTS**





AUTHOR OF *WONDERFULLY MADE*

Wonderfully Made is a guidebook for girls and women that reveals God's love and encourages them to look to Him for their identity and worth. In thirty short chapters, Allie shares lessons from her journey and uncovers the unique purposes girls and women have been made for, offering wisdom for living a purpose-filled and flourishing life. This book has changed countless lives!

FROM A READER

"I used to struggle with suicidal thoughts. I thought that no one loved me and I should just kill myself. I believed that I wasn't beautiful. One day, I came across your book *Wonderfully Made*, and it changed my life. I believe now that I have a purpose and God loves me. Thank you so much for writing your book."



WHAT WOMEN ARE SAYING ABOUT THE BOOK

"When you need a dose of truth, when you need to hit the reset button on life, when you need someone to hold a mirror up to you and show you what God sees, this is the book for you. Thank you, Allie, for teaching us what it means to be wonderfully made with honesty, vulnerability, wisdom, and sincere sisterhood."

KATE MERRICK
AUTHOR

"Allie Marie Smith's story is relatable, honest, messy, and filled with hope. She is a woman who has discovered the life-altering truth of who she is to Christ and in Christ. I'm so glad she has written this book to help other young women discover the beauty of this reality as well."

STASI ELDREDGE
NYT BESTSELLING CO-AUTHOR

"As a mom, as a woman, as an author, and as a fan of this next generation — I'm so grateful for Allie Marie Smith and this book. We need it! Our girls need it! I highly recommend picking it up for a gal in your life."

JESS CONNOLLY
AUTHOR



Make an impact with Allie

"Allie, your message made me realize I am not the only one who struggles and that I can get through them. You made me want to make changes in my life. Thank you for reminding me of my true value and giving me hope that I can overcome my own mental health challenges."

JADE

"I have personally experienced and witnessed the impact Allie and her speaking and ministry has amongst young women. In my freshman year of high school, Allie led a bible study every week before school where she not only shared her faith journey with us, but mentored us as Christian leaders. Her willingness to use her past brokenness as a vessel for sharing God's never-ending love has touched the hearts of millions through Wonderfully Made."

MCKENSEY

Get in touch



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