



Follow
Your Lifelong Adventure with Jesus
By **Katie Prejean McGrady**
ISBN: 978-1-59471-823-6
160 pages • \$13.95
Catholicism/Young Adult
Also available as an eBook

"This book is moving, challenging, and inspiring. Follow is a gift to all who want a relationship with Jesus but just don't know exactly where to start."

Mark Hart
Life Teen

BOOK ANNOUNCEMENT

To schedule media interviews, or to request images or review copies, contact:

Stephanie A. Sibal, Publicist

800.282.1865 x206 | sibal.1@nd.edu

Ave Maria Press, Inc., P.O. Box 428 Notre Dame, IN 46556

A Ministry of the United States Province of Holy Cross

POPULAR SPEAKER GIVES YOUNG CATHOLICS PRACTICAL ADVICE TO GET TO KNOW JESUS

NOTRE DAME, Ind.— In the summer of 2016, Katie Prejean McGrady walked off the stage feeling great about a forty-five-minute talk she had just given when a young man from the audience stopped her for advice. His questions caught her completely off guard.

"Who is Jesus?"

"How can I get to know him?"

Prejean McGrady—who speaks to tens of thousands of Catholic teens and young adults a year about her passion for Jesus—couldn't give the guy a simple, straightforward answer. And it bugged her. Big-time.

In *Follow*, she uses engaging, sometimes awkward, and frequently funny stories from her own life to explain four simple and practical ways to get to know Jesus and have a life-changing friendship with him:

- **Prayer (lift your heart)**—She helps readers understand that prayer is just talking to God and gives them the tools to start.
- **Scripture (open your ears)**—She introduces a variety of methods to read the Bible.
- **Sacraments (receive God's grace)**—She encourages readers to see the sacraments as spiritual fuel for their relationship with Jesus.
- **Service (share the gift)**—She nudges readers beyond their comfort zone in the Church's common mission to be the hands and feet of Christ in the world.

Prejean McGrady helps readers open their heart and mind to meeting Jesus in a personal way and challenges them to see him for who he really is.

ABOUT THE AUTHOR

Katie Prejean McGrady is a Catholic speaker and the author of *Room 24*. She shares the gospel with a unique blend of humor and storytelling that weaves in theological truths to engage audiences of all ages and sizes. She has spoken at the National Catholic Youth Conference, Steubenville Youth Conferences, the National Conference for Catholic Youth Ministry, the National Catholic Educational Conference, the Los Angeles Religious Education Congress, and in dioceses and parishes across North America. Prejean McGrady has appeared on EWTN, CatholicTV, Relevant Radio, Radio Maria, and on SiriusXM's The Catholic Channel.

