



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 and mental health coach, 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, and experience vibrant mental health.

She is the author of *Wonderfully Made: Discover the Identity, Love, and Worth You Were Created For* (Moody Publishers) and hosts the Wonderfully Made® Podcast, with hundreds of thousands of downloads globally. Allie has directed 40 retreats and conferences for over 10,000 attendees in California and Hawaii.

Her forthcoming book with a top Christian publisher, Tyndale, *The 30-Day Social Media Reset: A 30-Day Guided Journey to Reconnect with God and Reclaim Your Joy*, will be released in July 2025.

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 girls and women know their true value and worth 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 Marie Smith was feisty, 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 popular, well-liked, and accomplished scholar-athlete, Allie looked like she had the ideal life but was 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, especially girls and young women, know that they, too, can overcome mental health issues and any challenges they are facing.

Allie believed if just one girl 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 and reached millions more girls and women 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 Conference
Shadow Mountain Community Church
The Rock Church San Diego
Saddleback Church
Calvary Chapel Oceanside
Calvary Chapel Santa Barbara
Calvary Chapel Pearl Harbor
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 in order to offer others hope that they, too, can overcome mental health issues and lead wholehearted and flourishing lives.

Wonderfully Made

In this keynote message, Allie helps girls and women 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 even thrive despite having a mental health condition. 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 the foundations of mental wellness.

What Social Media Is Doing to Our Souls

This message uncovers the dangers of social media and its negative impact on mental health, especially among girls. It educates people on its addictive nature 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.

INTERVIEWS

Allie is available to talk on many topics, including:

- Her personal story of overcoming mental health struggles
- Foundations of mental health
- What it means to be wonderfully made
- Value, identity, and purpose in Christ
- The toxicity of social media and what it is doing to our souls
- The social media-induced mental health crisis facing girls
- 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 women 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 women 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 her 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



ABOUT THE BOOK

Wonderfully Made is a guidebook for young women that reveals God's love for them and encourages them to look to Him for their identity and worth. In thirty short chapters, Smith shares lessons from her own journey and uncovers the unique purposes for which young women have been made, offering wisdom for living a purpose-filled and intentional life. She believes that young women need God more than ever in our world today.

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."

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Get in touch



(805) 245-6718



ALLIE@WONDERFULLYMADE.ORG



ALLIEMARIESMITH.COM

