



Your Beautiful Heart: 31 Reflections on Love, Faith, Friendship, and Becoming a Girl Who Shines

Lauren Scruggs

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“Beauty is on the inside.” We know it’s true . . . yet sometimes it seems tough to fully believe it. What would your world be like if you truly felt beautiful and lived every day full of that confidence and joy?

Fashion journalist Lauren Scruggs knows how it feels to search for beauty. She grew up knowing of God’s love, but never fully understood what that love meant, or how it extended to the deepest parts of her soul—until a horrible accident that resulted in the loss of both her left eye and hand. In her darkest hours, everything Lauren believed was tested. Yet it was there that God showed her where real beauty comes from: the unfailing love of the Creator. God’s love is what truly makes us lovely.

Using stories from Lauren’s accident, recovery, and experiences in the fashion world, *Your Beautiful Heart* explores issues that teen girls face every day: body image, self-worth, peer pressure, and much more. Whether you read the book on your own or with a group of friends, Lauren’s personal message of love, faith, and value will show you what it means to be a girl who radiates with true beauty.



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From reader reviews:

Scott Smith:

Here thing why that Your Beautiful Heart: 31 Reflections on Love, Faith, Friendship, and Becoming a Girl Who Shines are different and reputable to be yours. First of all studying a book is good but it really depends in the content from it which is the content is as delightful as food or not. Your Beautiful Heart: 31 Reflections on Love, Faith, Friendship, and Becoming a Girl Who Shines giving you information deeper as different ways, you can find any reserve out there but there is no guide that similar with Your Beautiful Heart: 31 Reflections on Love, Faith, Friendship, and Becoming a Girl Who Shines. It gives you thrill reading journey, its open up your own personal eyes about the thing this happened in the world which is perhaps can be happened around you. It is easy to bring everywhere like in recreation area, café, or even in your way home by train. When you are having difficulties in bringing the paper book maybe the form of Your Beautiful Heart: 31 Reflections on Love, Faith, Friendship, and Becoming a Girl Who Shines in e-book can be your alternative.

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Concepcion Shaw:

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coordinate word or we can state no rambling sentences included. So if you are read the idea hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but tough core information with wonderful delivering sentences. Having Your Beautiful Heart: 31 Reflections on Love, Faith, Friendship, and Becoming a Girl Who Shines in your hand like keeping the world in your arm, facts in it is not ridiculous one. We can say that no reserve that offer you world inside ten or fifteen small right but this reserve already do that. So , this can be good reading book. Heya Mr. and Mrs. active do you still doubt that will?

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