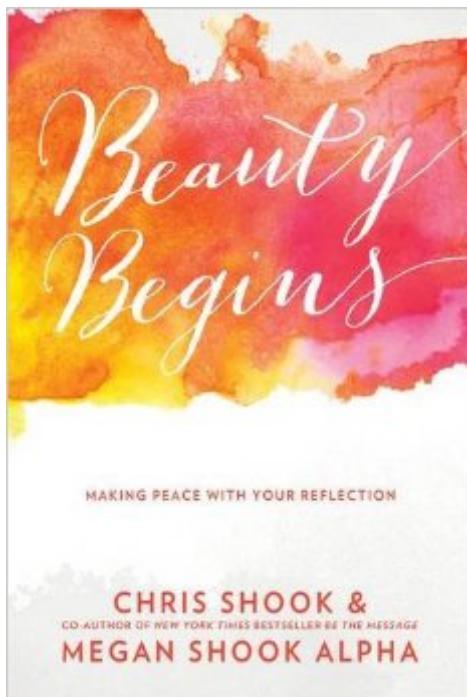


The book was found

Beauty Begins: Making Peace With Your Reflection



Synopsis

You are, and always have been, beautiful. \hat{A} \hat{o} Beauty begins. Thatâ™s the point of this book. Our understanding of beauty got started somewhere and somehow, and probably due to someone. Now that may have been a good start, but then again it may not have. But regardless of what your past looks like, we want to offer up this word of hope: itâ™s never too late to make peace with your reflection. \bullet \hat{A} We live in a culture thatâ™s obsessed with beauty. Walk by any magazine stand, turn on a television, or visit the local shopping mall, and youâ™ll be bombarded with the images and ideals that our culture believes are the epitome of what it means to be beautiful. And if youâ™re like most women, youâ™ve probably spent countless hours trying to measure up to this standard of beauty whether you realize it or not. \hat{A} But if you donâ™t make peace with your reflection, youâ™ll end up declaring war on yourself. \hat{A} Thatâ™s where mother-daughter team, Chris Shook and Megan Shook Alpha, want to help. In *Beauty Begins*, they explore the origins of beauty (which doesn't start with a fashion magazine) and challenge each of us to trade the pressure of perfection for God's perfect love. \hat{A} Poignant, relevant, and relatable, *Beauty Begins* is for every woman who wants to reclaim what it means to be truly beautiful. \hat{A} Do you feel beautiful? \hat{A} When you look in the mirror, what do you see? Others may tell you that youâ™re beautiful, but do you believe them? Why not? Donâ™t let another day go by without believing and knowing that you are fearfully and wonderfully made. \hat{A} Itâ™s time for you to exchange societyâ™s cookie-cutter suggestions for what is beautiful and instead discover and reclaim what true beauty looks like \hat{a} and the One who created it. In *Beauty Begins*, Chris Shook and Megan Shook Alpha share with you their own experiences and struggles with appearance and body image, as well as equip you with the wisdom to distinguish whatâ™s artificial beauty and whatâ™s real. After reading the heartfelt encouragement, insightful challenges, and undeniable truth in \hat{A} *Beauty Begins*, youâ™ll never look in the mirror the same way again. \hat{A}

Book Information

Hardcover: 208 pages

Publisher: WaterBrook (March 15, 2016)

Language: English

ISBN-10: 1601427298

ISBN-13: 978-1601427298

Product Dimensions: 5.4 x 0.8 x 8.3 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #458,935 in Books (See Top 100 in Books) #508 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #1877 in Books > Christian Books & Bibles > Christian Living > Women's Issues #2184 in Books > Christian Books & Bibles > Christian Living > Self Help

Customer Reviews

As a mom with three daughters, I was excited to read *Beauty Begins: Making Peace with Your Reflection* by the mother/daughter team Chris Shook and Megan Shook Alpha. Our culture truly is obsessed with beauty and it's disheartening to see how girls are pressured to live up to impossible standards. Most women find it hard to be happy and comfortable with what we see in the mirror everyday. Chris and Megan tell us, "Generations of women have become casualties in this war on self-worth." This book is a quick and easy read with reminders about what true beauty means in God's eyes and how beauty is eternal, but pretty is just temporary. They cover everything from choosing encouraging friends to shifting our focus off of ourselves and onto others. Megan in particular shares honestly about struggling with depression and how God transforms brokenness into beauty. They also cover issues like mother/daughter relationships, making wise choices when dating, and how to be a 'fashion rebel' by choosing compassion, kindness, forgiveness, love, etc. Their husbands also write a chapter at the end of the book specifically encouraging husbands and dads to praise the real beauty in their wives/daughters and be their biggest fans. Overall, the book is practical and uplifting, not an in-depth Bible study or a cultural critique so much as a gentle, sweet reminder that "You are, and always have been, beautiful." Each chapter begins with Scripture and quotes and concludes with brief reflection questions and a prayer. While any woman might enjoy the reminders in this book about true beauty, I think it could be particularly powerful for young women from teens to college age/young adults.

[Download to continue reading...](#)

Beauty Begins: Making Peace with Your Reflection *DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine* *(Body Care & Beauty Products)* *Mob Middle School: School Begins (Unofficial Minecraft Fan Fiction)* *Youth Adventure Chapter Books Success, Profitability & Destiny Begins with You* *Whatever Arises, Love That: A Love Revolution That Begins with You* *Full Metal Coloring: A Book of Down Range Reflection* *Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies)*

Soap Making Recipes for 365 Days Epsom Salt Beauty: 25 Amazing Recipes with Epsom Salts For Beauty, Health, Garden, Weight Loss, Pain Relief, Acne & Detoxification Jewelry Making: 33 Tips and Advices For Making Unique Earrings (jewelry making, jewelry making books, jewelry making kits) MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners) Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) Buddhism: How To Practice Buddhism In Your Everyday Life (Buddhism for Beginners, Zen Meditation, Inner Peace, Four Noble Truths) Buddhism for Beginners: 8 Step Guide to Finding Peace and Enlightenment in Your Life Chakras: Chakras for Beginners, Learn to Balance Your Chakras, Heal Yourself and Attain Inner Peace (Spiritual Journey Book 3) Worry-Free Living: Trading Anxiety for Peace Coloring Journal (black): Therapeutic journal for writing, journaling, and note-taking with coloring designs for inner peace, calm, and focus (100 ... and stress-relief while writing.) (Volume 11) Yoga & Life Empowerment: A Six-week, Self-study Practice Using Asana, Meditation & Diet to Achieve Happiness & Peace South Sudan's Civil war: crisis from 2013 up to the current peace agreement Captured Peace: Elites and Peacebuilding in El Salvador (Ohio RIS Latin America Series) Crimes of Peace: Mediterranean Migrations at the World's Deadliest Border (Pennsylvania Studies in Human Rights)

[Dmca](#)