



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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Have you spare time for just a day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity intended for spend your time. Any person spent their own spare time to take a walk, shopping, or went to the Mall. How about open as well as read a book entitled Your Beautiful Heart: 31 Reflections on Love, Faith, Friendship, and Becoming a Girl Who Shines? Maybe it is for being best activity for you. You understand beside you can spend your time together with your favorite's book, you can wiser than before. Do you agree with the opinion or you have different opinion?

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