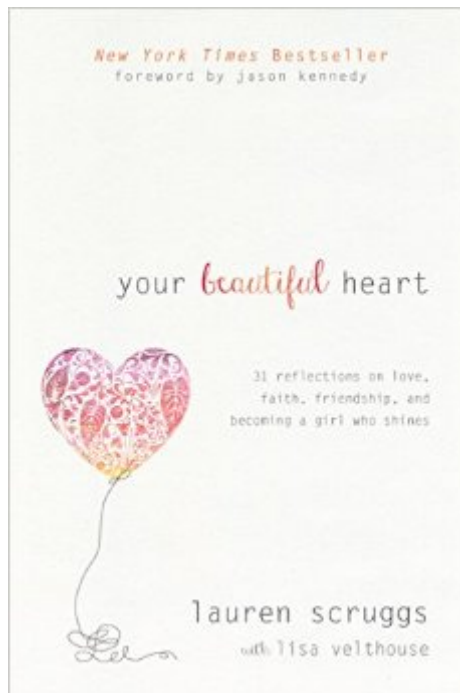


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# Your Beautiful Heart: 31 Reflections On Love, Faith, Friendship, And Becoming A Girl Who Shines



## Synopsis

“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.

## Book Information

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## Customer Reviews

“Your Beautiful Heart: 31 Reflections on love, faith, friendship and becoming a girl who shines” is a beautiful, real-life story equipped with a timeless message for females both young and old. A book worth every bit of a five-star rating, fortified with a message that’s worth sharing. God’s glory which shines through Lauren’s story has the power to uplift, educate and inspire the world. Just within the first few pages of the Introduction called “An Imprint on Your Heart”, the author Lauren Scruggs identifies a lie and a truth. The lie is from the world of fashion and beauty

which tells young women everywhere that a certain kind of physical appearance equals beauty. As the reader turns the page, the author refutes that lie with a timeless truth: "God's love in your heart is your beauty" and the heart of Lauren's message is laid bare. "This book is about how God's love makes a person breathtaking," she says. In "Your Seeking Heart", the opening chapter for her book, Lauren spends two pages pointing out that nowhere in the Bible will you find much attention paid to a person's looks. No deep description of a person's outward appearance is mentioned. "And even Jesus, the pivotal person in the whole Bible, is never described in terms of his appearance," Lauren writes. Therein the author explains her point for I believe the entire book. The point is if looks are not highlighted or touted as important in the Bible then why are we so focused on it in our modern day world? Lauren drives her message home in the section of the book titled "Your Changed Heart" with a question posed on page 55 of chapter 07 which is called "A Heart that Knows." Lauren asks the reader, "Have you ever thought of the Bible as God's voice? As him coming down to speak to you and me and everyone?"

I was looking forward to the release of Lauren Scrugg's new book, *Your Beautiful Heart*, from the moment I first heard about it. I've followed Lauren's story for a while, and as a survivor myself, I can relate to many of her struggles and triumphs. In 2011, Lauren was injured by an airplane propeller blade in a tragic accident that caused her to lose her left eye and hand. As a fashion journalist, Lauren worked in the fashion industry, where beauty takes center stage. Her accident caused her to struggle with her new reality, the true meaning of beauty, and everything she believed about who she was. "God's love in your heart is your beauty (p. xvii)." *Your Beautiful Heart* is Lauren's message to young women about what true beauty means and where it comes from. This book would have benefited me enormously when I was in my twenties. I was injured in an assault and had to deal not only with physical and emotional recovery, but also my new reality of changes in my appearance. Spending most of my twenties with rehabilitation and recovery, the emotional impact of feeling like my "light" had dimmed took a long time to get over. Coupled with physical injuries and scars, self-esteem and body image issues became even more prevalent. Beginning at a young age, girls want to look pretty, and though most people mean well, the focus on your outfit or your hair can cause us to give those things more importance than we should. It's easy to say that inner beauty is the most important thing, but when you are faced with a drastic physical change, that truth can be difficult to accept. Lauren's story is inspiring "and even more inspiring is her message."

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