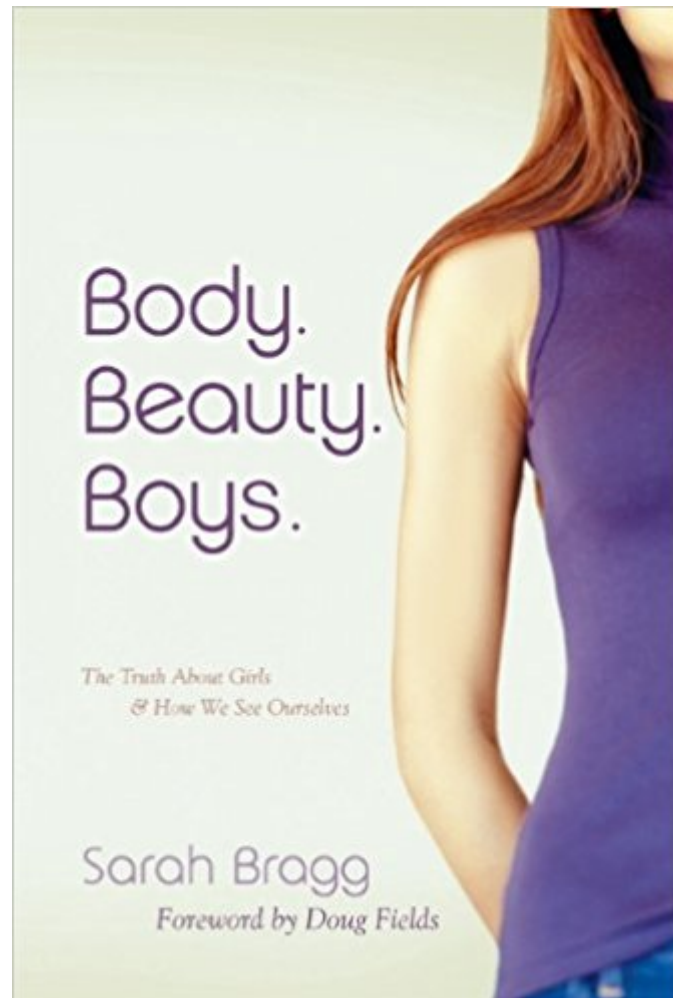




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# **Body. Beauty. Boys: The Truth About Girls And How We See Ourselves**



## Synopsis

Body. Beauty. Boys. Many teen girls pick up the message early that these three things will totally determine their future happiness. They become devoted to these three things to the exclusion of all else. Their friends and family may not recognize it, but their every waking moment is consumed with thoughts of their body and appearance, which leads them to drastic, destructive measures in their lives. This book offers encouragement, advice and guided journaling for girls in those critical years of battling their body image.

## Book Information

Paperback: 208 pages

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Average Customer Review: 4.7 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,240,281 in Books (See Top 100 in Books) #38 in [Books > Christian Books & Bibles > Children's & Teens > Teens > Social Issues](#) #161 in [Books > Teens > Social Issues > Being a Teen](#) #1013 in [Books > Teens > Religion & Spirituality](#)

## Customer Reviews

Sarah Bragg has worked with students in ministry for more than 10 years and previously worked in full-time student ministry for 6 years. She also spent several years creating, developing, and writing a student strategy and curriculum called XP3 Students for Orange at the reThink Group. Sarah speaks regularly to large audiences of teen girls, singles, and women's audiences in church settings, at schools, at retreats and at conferences. She has a Masters of Arts in Biblical Studies from Dallas Theological Seminary. Sarah and her husband, Scott, and their daughters, Sinclair and Rory, reside in Cleveland, TN.

Great book for processing self-worth struggles. Highly recommend.

Great book/bible study for women...while it is written for young adults, I think it is useful for all ages. It uses a lot of scripture and author's personal experiences. Highly recommended!

It has become very easy in today's world for females to gain a negative body image. Whether this comes from the media, their peers, or general assumptions they make on their own, it's typical to hear a female, regardless of age, state that they don't like their body. For teenagers, this problem is especially true. For Christian teens trying to live up to the expectations of Christ, it may seem to be a problem that's insurmountable. It's time that we combat that, and books like BODY, BEAUTY, BOYS help to teach us the right way to view ourselves. This book contains eight main chapters for consideration: How Does a Girl Survive in a Barbie World?; Blurred Vision; Lies I Believed and the Truth That Set Me Free; A Portrait of Freedom; How to Worship God with Your Body; Accountability: Having a Friend and Being a Friend; God Wants to Use Your Past; and What Is Your Focus? Author Sarah Bragg uses practical wisdom, biblical passages, bible study questions, and a place to write down your answers to pointed questions to help you improve your body image. Although BODY, BEAUTY, BOYS is definitely geared towards Christian teens, it's a book that all female teenagers would do well to take a look at. The knowledge it contains is perfect for everyone, and the facts and figures put forth in the book don't apply only to those of faith. This book would make a great gift for any teenager in your life, whether they're suffering from a negative body image or not. Reviewed by: Jennifer Wardrip, aka "The Genius"

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