



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

Lauren Scruggs, Lisa Velthouse

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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.

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

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ISBN : 9781414376714

Author : Lauren Scruggs , Lisa Velthouse

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Genre : Nonfiction, Christian, Autobiography, Memoir, Inspirational



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From Reader Review Your Beautiful Heart: 31 Reflections on Love, Faith, Friendship, and Becoming a Girl Who Shines for online ebook

Sara says

They say this book is for teens but I really liked it. Great life stories, great bible stories and just an easy thought chewing book!

Leila says

Your Beautiful Heart: 31 Reflections on Love, Faith, Friendship, and Becoming a Girl Who Shines 2-2.5 STARS

“I received this book from netGalley in exchange for an honest review. This is in no way affected my opinion of the book, or the content of my review.”

This book is beautifully illustrated, I love the designed pages with meaningful quotes. A work of art!

But what disappointed me most wasn't exactly the content but the Lack of it. First hundred pages were either of inner sins or her friends/family's mistakes and wrongs. I expected a deeper story, one who will move my feelings but the scattered story's here and there and different topic dimmed whatever excitement I had for this one. I struggled through this book, I requested a copy from netgalley thinking that this is a 100% Memoir but it's like 30-45% personal and the rest is like a lesson in religion.

I couldn't get into this one at all. I wanted to. Really I did. It sounds so good. But I had to stop. (I haven't finished it I stopped around 180-185 Pages)

I have great respect for Lauren Suggs (for what she has been through and what she accomplished) and I also respect all religions therefore I will not review that part of the book.

Leone (She Reads too Much Romance) says

An empowering read for women of all ages I really enjoyed how the author brought to life her own individual story that was not only beautiful and yet moving. For me this book was a nice break from what I have been previously reading. Well detailed and incredibly inspirational I highly encourage readers to take this journey with Lauren.

At one time or another each of us is faced with the decision of either continuing to live our lives after a tragedy or to surrender to our insecurities. Lauren, a former model life changed forever when she lost most of her left arm and her left eye. I admire Lauren's courage to not only share her incredible story but to encourage others that it is perfectly alright to want to give up, to hurt and to doubt.

The thirty-one reflections of love wasn't a scolding lesson to be learned. It wasn't a drill of what women should do but instead it was an inspiration. I really learned so much from Lauren's story and this book and I think should you read it you will too.

-This review was submitted to all respectful parties prior to the review being posted to GoodReads.

Alannah Clarke says

A lovely written book, to be honest I was not expecting that religion would play a heavy part throughout the book, as I am not religious, if I had known this before requesting, I probably would not have even requested it in the first place.

However, I thought the author made some excellent points in the novel. It was well written and I would strongly recommend it to anyone who is religious.

Vanessa says

After knowing what the author went through, I was expecting a much deeper book. In fact, it felt like this book had zero depth. I expected it to be part memoir, tying in her personal story with lessons learned and her faith guiding throughout. It felt like one big introduction, and I kept waiting for it to become more. It never did and I couldn't finish it.

Leila says

2-2.5 STARS

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respect all religions therefore I will not review that part of the book.

Becca Moss says

It took me almost a year to finish this book. I've checked this book out and returned it probably seven different times. Finally finished it this morning. It started out so good and kept me interested and slowly left me wanting it to end.

Tiffany says

In Your Beautiful Heart Lauren Scruggs covers 31 common issues that young women face daily: body image, self-worth, peer pressure, etc. Lauren battled each of these issues firsthand when she was hit by a spinning propeller blade causing her to lose her left eye and hand. Lauren had to completely rethink her view on identity, beauty, her future and mostly God's love for her. Each of the chapters includes a personal story, a lesson from the Bible, a summary sentence and discussion starters making this a great book for a small group. I highly recommend this book!!

Mazzou B says

A book always has more power when the author who creates it has a story. Lauren Scruggs certainly has one. Former fashion model, and proclaimed beauty from a young age, Lauren was tragically hit by a plane propeller in 2011. As a result, she underwent surgeries and a painful recovery. She lost most of her left arm and left eye. I cannot imagine the pain she must have suffered, both physically and emotionally. I have not read her first book, Lolo, but I assume it covers that journey. This her second book is specifically designed as a 31-day devotional for women.

It is not an autobiography, as I first assumed (not knowing about her first book Lolo), but does draw from various lessons she has learnt throughout her life, including her accident and recovery.

Women will be pleased to find that Lauren doesn't draw attention to herself in this book. She is all about God's glory and helping you, the reader.

Each chapter begins with a real-life story to help you engage and open up your heart to the lessons which follow. I appreciated this stable, organized method of presenting the devotions. There is also lovely graphic design throughout the book of inspirational phrases and words.

I do recommend this book for Christian women. I would not endorse it for non-believers because the author includes promises and encouragement meant for believers.

On a critical note, I think this book is too encouraging for more hard-hearted women such as myself. Lauren Scruggs and Lisa Velthouse repeatedly assure the reader that no sinner is too sinful for God and such which is true, but some of us need to hear more about how we need to repent! You will know what I mean if you read the book. Therefore, I recommend this book for women going through a healing time! Women who have been through and who are in the valley of the shadow of death.

I do love how the author points out that beauty is not what matters; it is most definitely the heart! As you can

imagine, she puts this cliche phrase in a whole new meaning. Like I mentioned at first, knowing that the author went through such a hard trial makes her advice much more potent.

Tyndale House Publishers has provided me with a complimentary copy of this book in exchange for this honest review.

Kelli says

This is a great book for teen girls. It's structured very well for a young girls group. The chapters are broken up with discussion questions at the end. I really like how modern the design of the book feels. Lauren is a great role model for women. She shares about God in the most graceful ways and shares her mistakes gracefully as well. I really loved that each chapter or lesson is half bible story. That's so good! It even includes the verses. I was given this book to review and was really excited about it. I am giving it to my sister who is 19! Its a perfect age bracket.

Elizabeth Dennison says

Your Beautiful Heart by Lauren Scruggs

If your looking for a fresh look on life take a moment to read these 31 reflections on love, faith and friendship. Each of these reflections take us on a journey of dealing with common issues that all women face. Each chapter has a story, encouragement from Scripture and reflection questions. Lauren Scruggs truly is able to express how it feels to struggle with insecurities in life. After suffering severe trauma from being hit by a spinning propeller blade in 2011, everything she knew in life was tested. Feeling like she would never ever come back to some kind of sense of normal she turned toward God who showed her where real beauty comes from. Now thru this wonderful hope filled book, Lauren shows us how to find the true beauty deep in ourselves.

This is a must read for all women struggling with finding their true beauty in life!!

Mary says

I thought this was a very good book for women who need a little bit of encouragement to find their inner beauty. It's a book of 31 short stories and then a scripture that follows. Easy read and well worth it.

Crystal Carney says

Lauren's story is truely amazing. In this book you will find a girl that has learned what is important in life. She thought her life was over when she had to face her worst fear, and then she found out that she could be even happier than before after her tragedy.

I think this is a wonderful book for any pre-teen/teen or anyone really who struggles with self esteem. When you think you don't matter if you aren't perfect. This book proves that this is not true!

Disclaimer

I received this book free from the tyndale blog network in exchange for my honest review. I am not required to write a positive review. All opinions expressed are 100% my own.

Tangled in Text says

After the brief introduction into the author's background I was nervous the book was going to be 31 chapters on different angles on her one accident, but I was pleasantly surprised. She dove into her experiences and fears as well as reaching out to others for stories that we could all relate to. I loved that each chapter had a real-life struggle, that she would connect each to a certain passage of scripture that tied it to how God tells us to face that certain struggle, and finally each chapter ended with a sort of action statement that summed up the chapter lessons. That was my favorite part because now I have written down each chapter summary, which might have been a sentence or two long, and I'll be able to reflect back on those and remember the passages that went with them as well as the people from the stories that might have suffered and overcome what I'm going through. The author seems extremely humble and ready to offer herself through her writing and struggles, so I was open from the beginning and ready to absorb the message she was giving. She seems like a strong, beautiful woman who I strive to be like. Thank you for this book.

Madi (TheBookNerdDiaries) says

I have also posted this on my blog -> <https://bookandbastille.wordpress.com...>

0.5 Stars!

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Summary from Goodreads:

“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.

The only reason I read this book so fast is because I skipped through it. At first the stories were interesting and I skipped through the super religious parts but as the book went on, it was abundantly clear that this book was SUPER RELIGIOUS. I am religious but not as religious as Lauren Scruggs.

Love at last word?: HECK NO! I did not like this book at all. I assumed it would be about what the NetGalley summary said. I struggle with some of those things and I was hoping that this book would impact me on those subjects. It was mostly religious stuff that I skipped through because it bored me and I am not that religious as the author. I would recommend it to a SUPER religious person and that is all.

-BookNerd
