



30 Days to a More Beautiful You: A Devotional for Girls

Kylie Bisutti

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Fortunately, God doesn't measure our worth by how we look. We have value simply because we are His children. The more we focus on getting our hearts right with the Lord and honoring Him, the more secure and confident we will become--and the more we will exude true beauty.

In *30 Days to a More Beautiful You*, former Victoria's Secret Runway Angel Kylie Bisutti gives a complete inner-beauty makeover with succinct devotional readings designed to transform your heart, body, mind, and soul and put you on the path to becoming a happier, healthier, more beautiful you.

The perfect gift for every young woman, this devotional will forever change the way you define the word *beautiful*.

30 Days to a More Beautiful You: A Devotional for Girls Details

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Author : Kylie Bisutti

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From Reader Review 30 Days to a More Beautiful You: A Devotional for Girls for online ebook

Bluerose's Heart says

I grabbed 30 Days to a More Beautiful You when it was a freebie, not realizing that it was a devotional for girls until it was on my kindle. Since I do try to occasionally read books geared towards girls, not only for future recommendations for my nieces, but for other young girls, and this counts toward the Tyndale Summer Reading Program, I decided to move it up on my reading list.

I'm really torn on exactly who to recommend it to. It centers around focusing on inner beauty, as opposed to outer beauty. Shine from within! The devotionals are super short and basic. For the most part, I feel that young girls(tweens) would benefit from it the most. BUT, there are some references that would keep me from handing this devotional to a young girl. (The author briefly mentions having sex with a boyfriend and talks about her modeling career and some of the hardships involved with it. Really, everything mentioned is very brief!) All girls mature at different rates, though, so it's up to each parent, of course. I'd recommend reading it first before giving it to a young girl, though.

As far as for older girls, I feel that they can deal with so much more than the brief devotionals these provide. Again, they're very basic. As a quick little reminder, these are great, though! If your child is dealing with more severe self esteem issues and/or depression, I'd recommend something much more "meaty" than this book.

One more note. Many things mentioned felt like this book was meant to be a companion to Kylie's other book, I'm No Angel: From Victoria's Secret Model to Role Model. (I have it on my kindle, but I haven't read it yet, and therefore I'm not prepared to recommend it yet.) For example, names were mentioned like I was suppose to know who it was. Based on that, I'm ****guessing**** this book would have more value as a combined effort with I'm No Angel.

*At the moment, the kindle version of 30 Days to a More Beautiful You is .94 and the paperback is only .99, so it's definitely worth a chance if you're interested at all in reading the devotionals!

****This book counts toward the Tyndale Summer Reading Program.**

Stefanie Kamerman says

Disclosure: I received this book free from Tyndale House Publishers. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255 : "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

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Oh my goodness, where was this devotional when I was a teenager?!

Just kidding...maybe!

Former Victoria Secret Angel Kylie Bisutti's transparency and words of wisdom floored me while reading this devotional for teen girls. Even though I am 10 years past my teens, I still related to this devotional. When we are so bogged down on being perfect, we fail to see God's perfect love for us. I love how Kylie isn't afraid show teen girls this sweet truth.

Our outer beauty isn't what matters in God's eyes, our inner beauty does. Sure it sounds cliché, but Kylie really proves her point to younger girls in this devotional. I'm sure it is safe to say women, especially teens, feel tremendous pressure to be perfect body wise. Kylie tells us, we already are perfect because we belong to God.

During this 30 day devotional, girls will learn their real self worth in God and not in how they look. What I loved is how Kylie tells readers what it is like in the modeling world.

"I know firsthand how many hours are spent fixing hair and makeup before a photo shoot-all to capture one fleeting second where everything looks perfect."

So many of us women, and I assume teens, see magazine covers like we do cereal boxes- just how it is in real life.

From people pleasing to forgiveness, I feel like Kylie doesn't have a topic that won't help a teen girl who is struggling to fit in a world where she feel like she doesn't. Thank you Tyndale House Publishing for the opportunity to review this devotional. I look over to my little girl of five and praying she will be able to get something from this devotional when she reaches her teens.

Meagan Myhren-bennett says

30 Days to a More Beautiful You
A Devotional for Girls
By Kylie Bisutti

30 Days to a More Beautiful You is a devotional to help girls navigate the idea of what is true beauty. The world is pushing the idea of selling our appearance to calculate our true worth when God is telling us just the opposite.

As a former Victoria's Secret Runway model Kylie has some unique insights into why the world wants us to define our worth by the amount of skin we show and how much we are willing to give away of ourselves.

By buying into the world view of beauty we are selling ourselves short and we won't find true contentment. We'll be insecure because outer beauty can so easily change, but if we focus instead on our inner beauty we will transform our heart and soul.

30 Days to a More Beautiful You offers 30 days of verses and personal insights into how we've allowed ourselves to be confused and how we can rise above it and find our true worth and beauty in God and not the world. This devotional would be a perfect gift for any young lady who is trying to discover who she is. I think that ages 12 and up would benefit from the insights they can glean from it. I also think parents of younger girls could use this as a guide to help steer their daughters to understanding where their true beauty can be found.

I was provided a copy of this book by Tyndale House Publishers in exchange for my honest review.

Soleil says

Back cover: Despite what the world leads us to believe, true beauty has nothing to do with the outward appearances. The more we focus on what we look like on the outside, the more insecure we become.

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I really enjoyed this small devotional. It was well written, and goes straight to the heart. Kylie Bisutti opens the doors to things I had never considered, and I continually would ask myself questions to see if I was putting something in front of God.

Great for teen girls (and young women) as well as for gifts. I would highly recommend this devotional!

I would rate this book 5 out of 5 stars

I received this book free for an honest review from Tyndale blogging program

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### **Elizabeth says**

30 Days to a More Beautiful You is Kylie Bisutti's second book that I have read and I was not disappointed. The author seems to talk to teen girls to teach them what true beauty is and how true beauty is found on the

inside rather than on one's appearance. The author stresses to her readers that true beauty is only found in Christ and she uses her own experiences as a model to show her readers how the world's idea of beauty is damaging to one's self esteem and character and how the world's beauty standards contradict what God has to say about Beauty. The author makes a point to tell her readers that to God, they are all ready beautiful because they are a handiwork of His craftsmanship and are worth much to Him because He loves each of them as they are. What I really like about this book, however, is that the author uses a lot of scripture to get her points across. In fact, each day focuses on a specific verse and the author writes how that specific verse is played out in real life in an easy to understand manner. I really enjoyed her first book, which prompted me to read this one and I found it to be as great as her first book. For anyone who reads this book, I hope that they will take the truths to heart and learn that they are already beautiful to God and in order to become more beautiful, all they have to do is live their lives for Him.

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### **Louise Pearson says**

Fabulous 30 day devotional for any age female from teens to senior citizens. Kylie first reminds us that we're made in God's image, He wants us to know Him and realize we're worthwhile to God. Second, we're daughters of the King and have value to God. Third, God considers us His special treasure. Fourth, we need to please God, not people. Fifth, when we sin, we must confess it to God and receive His forgiveness. God tells us that nothing can separate us from Him once we ask Jesus into our lives. Sixth, true security depends on God. Seventh, we need to discover our inner beauty. Eighth, our body is the temple of the Holy Spirit and we can actually find rest in God's love. Ninth, we need to honor God with our body which means we don't starve ourselves to be thin, or deliberately cut ourselves to punish us, or have sex outside of marriage. Tenth, we embrace God's creativity as we see the world around us and even ourselves in our mirrors. As you can see from the first ten examples, Kylie reminds us in 30 beautiful ways of how to train ourselves to daily live the way God would want, becoming women of character, asking for forgiveness when we fail which we will all do, trusting Him to lead us through the bad times, putting Him first, choosing modesty, God's truth, the right standards, and using our talents to encourage others to run the race with us. This book is a great gift to young Christian women, but it is also a reminder to women of all ages that we need daily to stay close to God so we can avoid as many mistakes as possible and our life will be healthier and happier.

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### **Rochelle says**

A wonderful devotion for anyone looking to make themselves more beautiful on the inside. I found Kylie's story so inspiring and want to get my hands on her book.

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### **Kristin says**

4 1/2 stars....

I received a free copy of this book in exchange for an honest review from the publisher. This is a great devotional for young girls and older who will find through reading this that their focus shouldn't always be about external appearances. In a time where external appearances and peer acceptance is so crucial to a young person's self-image and self-worth, perhaps a devotional that shows that God loves us as we are, is necessary to help strengthen their inner strength.

It's short, with each day being only 2 pages. Each starts with a passage from the Bible, a short personal story from the author about the relevance to her own life as a runway model for Victoria's Secret, then wraps up with what is important in that day's devotion. The part I enjoyed the most was the question at the end of each day that helped you to reflect deeper in the day's devotion, and see how it is relevant in your own life. A quote that I most enjoyed is, "When we dress provocatively, we're devaluing ourselves because we're encouraging others to ignore everything about us except our external appearance."

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## **Michelle says**

"Despite what the world leads us to believe, true beauty has nothing to do with outward appearances. The more we focus on what we look like on the outside, the more insecure we become.

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As a woman and as a mom I have experienced the power of the world's view of beauty and what makes a girl valuable. I carry a list of Scripture in my Bible that I use to counter the lies regarding the worth of any person with the truth of who God says each of us are.

This light little book fits neatly in my purse and I have been able to pull it out at various times when I find myself waiting. Many of the devotions come from the same Scripture that I have studied and shared with my daughters. As summer approaches I am considering using these 30 devotions during our evening meal out on the patio. I am hopeful that my daughters will enjoy the fresh way in which the author, being a young woman herself, presents the material.

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## **Callie says**

Taken from Kylie Bisutti's book *"I'm No Angel"*, this short daily devotional is published by Tyndale House. It has a beautiful cover in my opinion: simple, pink, and sporty yet elegant. It is only 65 pages, so the portions every day are small, but still they are profound and humbling. I really like that it focuses on your relationship with God and how to improve your inner beauty. The book itself is pocket-size in paperback, or currently free on Kindle, at the time this post was written. Kylie Bisutti was a Victoria's Secret Angel model, until she decided to become a role model and make it a goal to live out her life as a Proverbs 31 wife and woman. I read her autobiography when it was free on Kindle, and really, really enjoyed it. Mrs. Bisutti is down to earth and honest, and is not telling her story just to condemn or make money, but to show other girls where beauty comes from and encourages them to grow in their faith.

Thank you so much to Tyndale House for providing me with a copy of this book to read and review. I really enjoyed it; the simplicity and beauty of both the book and the love of God was magnificent. I would love to see more from this author! All opinions are my own.

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## **Sarah says**

Okay, I had no idea who Kylie Bisutti was before I picked up this book - I got it for free when it was a deal on Amazon - thinking my 12 year old would maybe like it. I'm now going to ask that she not read it - Kylie is a former Victoria's Secret angel and apparently she has another book out about her modeling career and ultimately leaving that life behind. I thought this devotional could have a lot of potential - it says it's for girls, although the mention of pre-marital sex, modeling "sexy lingerie" and some other content left me knowing I would not give this to a young girl. That said, young girls who are in schools do get sex education much earlier and are exposed to more things in the sexual realm than my girls are so that could have a bearing on how a young girl could handle this book.

The devotionals themselves weren't deep and it didn't really lead to any sort of Bible study - mainly there is a Bible verse at the beginning, a little about what Kylie says about modesty (she seems to poke fun at those who wear dresses, skirts) being more about an attitude versus what we wear (it's both about what we wear and our attitude). There are two questions that follow, neither encourage the reader to dig into the Bible - it's more about what you feel and then a "true beauty tip" such as "develop an attitude of modesty." I can think of other devotionals that are much better in both encouraging girls to be themselves in who Christ made them and get them into Scripture.

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## **Johanna says**

### **What does true beauty look like?**

Former Victoria's Secret Runway Model Kylie Bisutti explores the true meaning of beauty -according to God's word- in this wonderfully inspired devotional for girls.

In today's world, there is so much pressure on girls to conform to the world's standards of 'beauty' and 'perfection', but the more we pursue these shallow stereotypes, the more empty our lives become. In contrast, when we seek the true beauty described in the Bible, our lives become more and more complete as we learn to put our faith and trust in God and allow Him to transform us.

In this 30-day devotional, Bisutti will lead you on a total transformation of how you see yourself- changing your focus from a worldly perception of beauty to a Godly one. Real and honest, she acknowledges her own mistakes, and shows girls how to avoid making mistakes of their own through relevant scripture passages and probing questions that lead the reader to reflect inwardly.

In this book, girls will discover that true beauty comes from a humble spirit and a passionate love for God and those around us. Small and easy to take on-the-go, this devotional is the perfect gift for boosting self-esteem and empowering the young women in your life to pursue a life of dignity and holiness.

Uplifting and inspiring, this book should be required reading for girls everywhere!

*I received a free copy of this book through the Tyndale Blog Network in exchange for an honest review.*



**Check out this review plus a GIVEAWAY on my blog: [EpicBookQuest.com](http://EpicBookQuest.com)**

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## **Crystal Scott says**

30 Days to a More Beautiful You: A Devotional for Girls  
by Kylie Bisutti

The world we live in today has set the bar high for beauty. Girls see images everywhere they turn and are told that this is how they are supposed to look and this is what they are supposed to wear. But the world has it so wrong and doesn't know that true beauty lies within. This is why, as a mother to daughters, I'm glad we have resources to help our girls know that God doesn't measure beauty by our outward appearance.

Kylie Bisutti, a former Victoria Secret Model, has written a great devotional for girls, teens and young women titled, 30 Days to a More Beautiful You. Filled with 30 days of devotionals to transform your heart, mind, body and soul that will help you understand that you are beautiful and to help set you on the right path.

This is definitely something that we should buy for our daughters, granddaughters, nieces and any other young girl that we know. Pocket size that can be carried anywhere, with your Bible, in your pocket book, and in your wallet. It is something I believe that youth leaders should be handing out to the teen girls in their youth groups. Wonderful devotional, highly recommended!!

Thank you to Tyndale for providing me a copy of this devotional for my honest review.

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## **Kate (The Shelf Life) says**

In a world where outside beauty is shoved down your throat at every turn, it can really cause major issues for many women and girls who take what magazines and the the entrainment industry say is beautiful. Judging a person on what they have on the outside is not what counts, it is who you are on the inside that shines out, and it is a hard fought battle these days to get that point across.

Don't get me wrong, I'm a lover of make-up and hair products and can carry on conversations about different brands and the greatness that they are for covering up the slight imperfections of life, but it's taken many years for me to realize that it really doesn't matter. You can cover up the pimples and the dark circles under your eyes, you can wear body shapers to make you look 10lbs lighter, but if you aren't happy with who God made you to be, what is the point of the rest of the stuff. God created you to be a marvelous person so shine for Him. It took me many years to discover this.

30 Days To A More Beautiful You by Kylie Biscutti is a devotional I wished I had when I was a teenager. Those are such pivotal years and if trauma is suffered during that time, it can stick with you and can be a hard fought battle to overcome. This devotional is short, but it has some great insight. At the end of each day, Kylie leaves you with her beauty tips and they had nothing to do with make-up or hair. They were fantastic reminders to girls that who you are is good enough, God loves you for you, and the only satisfying life is the

one where you know God.

It was interesting to read snippets into Kylie's life as a model. The world of beauty isn't beautiful and she learned from experience that true beauty is what is on the inside, when you have faith and trust in God and Jesus. When you have that, it will lead you to a more healthy and happier place. I wish there were more role models out there like Kylie. It was a joy to read this devotional booklet, because in all honesty, the world is getting harsher, and raising a daughter in it is a scary thought. The rules of modesty and self respect are slowly fading, and it's depressing and it's a battle that needs to be fought on all sides. This booklet is a good tool.

Thank you to Tyndale House, I received a copy of this book for free in exchange for an honest review.

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### **Jennifer Smith says**

This 63-page, 4×6 devotional booklet is a beneficial addition to any young woman's library. Each daily devotion is less than two pages long, which makes for a quick, easy read, but one full of valuable biblical reminders.

The author, Kylie Bisutti, is a former Victoria's Secret runway model, and her personal stories are heartfelt, relevant, and great for driving her points home.

The main themes covered are our personal worth and value as God sees us and pleasing Him rather than stressing out about what others think. I loved some of the nuggets in this booklet. For example, Kylie cites I Peter 3:3-4 then says, "We're reminded not to make our external appearance our primary concern. Why? Because when we do, we're focusing on something that will fade and neglecting something that will last."

There are several analogies in this book I love, as well as Kylie's comment about modesty: "I've done photo shoots where I was fully clothed but still immodest—because the purpose was to use sex to sell a product."

I won't give anything else away! If you have a teenage girl or young woman in your life, this 99-cent devotional (maybe along with a few mini lotions or bath gels!) would make a great gift. :-)

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