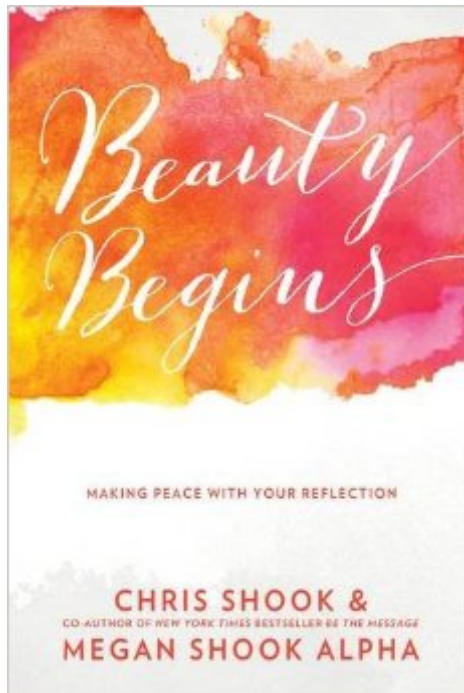


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# Beauty Begins: Making Peace With Your Reflection



## Synopsis

You are, and always have been, beautiful. That's the point of this book. Our understanding of beauty got started somewhere and somehow, and probably due to someone. Now that may have been a good start, but then again it may not have. But regardless of what your past looks like, we want to offer up this word of hope: it's never too late to make peace with your reflection. We live in a culture that's obsessed with beauty. Walk by any magazine stand, turn on a television, or visit the local shopping mall, and you'll be bombarded with the images and ideals that our culture believes are the epitome of what it means to be beautiful. And if you're like most women, you've probably spent countless hours trying to measure up to this standard of beauty whether you realize it or not. But if you don't make peace with your reflection, you'll end up declaring war on yourself. That's where mother-daughter team, Chris Shook and Megan Shook Alpha, want to help. In *Beauty Begins*, they explore the origins of beauty (which doesn't start with a fashion magazine) and challenge each of us to trade the pressure of perfection for God's perfect love. Poignant, relevant, and relatable, *Beauty Begins* is for every woman who wants to reclaim what it means to be truly beautiful. Do you feel beautiful? When you look in the mirror, what do you see? Others may tell you that you're beautiful, but do you believe them? Why not? Don't let another day go by without believing and knowing that you are fearfully and wonderfully made. It's time for you to exchange society's cookie-cutter suggestions for what is beautiful and instead discover and reclaim what true beauty looks like – and the One who created it. In *Beauty Begins*, Chris Shook and Megan Shook Alpha share with you their own experiences and struggles with appearance and body image, as well as equip you with the wisdom to distinguish what's artificial beauty and what's real. After reading the heartfelt encouragement, insightful challenges, and undeniable truth in *Beauty Begins*, you'll never look in the mirror the same way again.

## Book Information

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## Customer Reviews

As a mom with three daughters, I was excited to read *Beauty Begins: Making Peace with Your Reflection* by the mother/daughter team Chris Shook and Megan Shook Alpha. Our culture truly is obsessed with beauty and it's disheartening to see how girls are pressured to live up to impossible standards. Most women find it hard to be happy and comfortable with what we see in the mirror everyday. Chris and Megan tell us, "Generations of women have become casualties in this war on self-worth." This book is a quick and easy read with reminders about what true beauty means in God's eyes and how beauty is eternal, but pretty is just temporary. They cover everything from choosing encouraging friends to shifting our focus off of ourselves and onto others. Megan in particular shares honestly about struggling with depression and how God transforms brokenness into beauty. They also cover issues like mother/daughter relationships, making wise choices when dating, and how to be a 'fashion rebel' by choosing compassion, kindness, forgiveness, love, etc. Their husbands also write a chapter at the end of the book specifically encouraging husbands and dads to praise the real beauty in their wives/daughters and be their biggest fans. Overall, the book is practical and uplifting, not an in-depth Bible study or a cultural critique so much as a gentle, sweet reminder that "You are, and always have been, beautiful." Each chapter begins with Scripture and quotes and concludes with brief reflection questions and a prayer. While any woman might enjoy the reminders in this book about true beauty, I think it could be particularly powerful for young women from teens to college age/young adults.

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