



Beauty Begins: Making Peace with Your Reflection

Chris Shook, Megan Shook Alpha

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You are, and always have been, beautiful.

“Beauty begins. 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 and Megan Shook, want to help. In *Beauty Begins*, they explore the origins of beauty (hint, it didn’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 and Megan Shook 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. Filled with heartfelt encouragement, insightful challenges, and undeniable truth, after reading *Beauty Begins*, you’ll never look in the mirror the same way again.

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