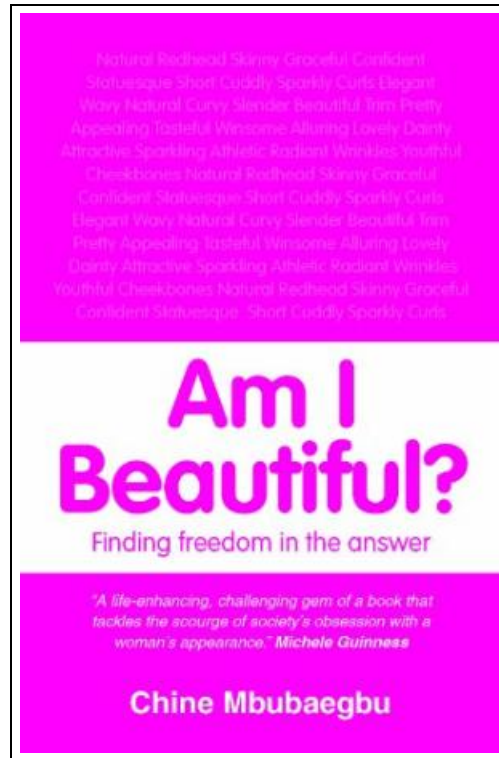


## Am I Beautiful?: Finding Freedom in the Answer



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Authentic Media. Paperback. Book Condition: new. BRAND NEW, Am I Beautiful?: Finding Freedom in the Answer, Chine Mbubaegbu, Deep down, women long to be seen as beautiful. Each day they are bombarded by the media and society at large by images of how they should appear. The result? Most women feel they just don't measure up - and this beauty myth has crept into our churches too. Christian women may hear that they are made in the image of God; that he looks at the heart and not the outward appearance; that they have been set free from negative thought patterns. But often all that evaporates when they look in the mirror and compare themselves to the images of beauty they see around them. In Am I Beautiful?, Chine exposes her own struggles with her identity, sense of self and views of beauty. Combining her own stories with those of other Christian women, and critiquing society's views through the lens of the Bible, Chine shows that there truly is a path to freedom. Christian women can be the confident, Christ-reflecting women they were created to be. 'It takes courage to answer the question of "Am I Beautiful?" It takes even more vulnerability to stare into the mirror and write where true beauty comes from - within. I applaud Chine and her courage to lift the spirits, hearts, and faces of women who feel broken, ugly, and ashamed.' Renee Fisher, the Devotional Diva(R), speaker and author.



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