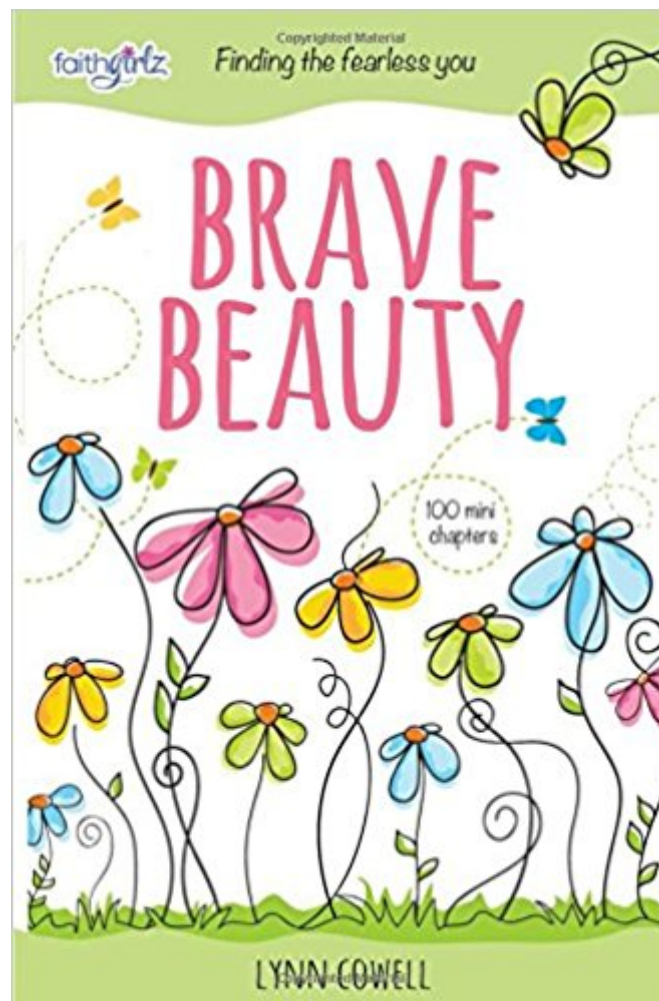




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# Brave Beauty: Finding The Fearless You (Faithgirlz)



## Synopsis

What will my life be like? Who will I be? Whether girls put these concerns into words or struggle anxiously with these thoughts, during this season of change, girls have questions. Sometimes these questions also come with fears and they need a safe place to process these fears. From Proverbs 31 Ministries speaker and blogger, Lynn Cowell, comes Faithgirlz Brave Beauty: Finding the Fearless You. For girls 8-12, Brave Beauty brings tweens 100 courage-building moments to reflect on Scripture and find confidence in God, rather than in someone, some place, or some thing, as culture will all-too-soon tell them to. Lynn will also prepare girls to: Overcome confidence-defeating thoughts and stand on who Jesus says she is. Shape her self-worth on Christ and overcome the temptation base it on environmental factors. Build a strong foundation to face the fickle and flippant opinions of others. Find approval of herself even when she lacks the acceptance of others. Find security by turning to Christ as she steps through the exciting, yet scary world of growing up. Formatted as theme-based mini chapters, these moments can be read as one-a-days, one-a-weeks, or at the reader's own pace. Simple and empowering, Lynn's voice is relatable and conversational, making it easy for girls to feel like they're spending time with a friend. This inspirational read will be set as a gorgeously foil decorated hardcover, with beautifully formatted pages in line with the well-known and loved Faithgirlz look, and with an easy-reference index to look up any topic.

## Book Information

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Religions > Inspirational #3 in Books > Children's Books > Religions > Christianity > Prayer #3

in Books > Children's Books > Religions > Christianity > Devotional

Age Range: 8 - 12 years

## Customer Reviews

“Getting started with a private devotional time when you are young is the key to a lifelong habit of spending daily time with God. Lynn Cowell turns a big task into mini-chapters and easily digestible moments of spending time with God. It’s my heart’s desire that every girl learns Brave Beauty!” • Dannah Gresh, bestselling author and creator of Secret Keeper Girl (Dannah Gresh, bestselling author and creator of Secret Keeper Girl) “I cannot begin to tell you how important this book is for girls. As I read through the pages, I found myself reading every word with excitement and anticipation, even desiring to take the chapter quizzes and participate in the journaling! If you have a young girl in your life, I beg you to get this for her. Girls’ lives will be divinely changed because of Brave Beauty.” • Shari Braendel, author of Help Me Jesus, I Have Nothing to Wear! and President of Fashion Meets Faith (Shari Braendel, author of Help Me Jesus) “Brave Beauty is just what young girls need at a critical time in life! These are 100 bite-sized pieces of godly encouragement from a trusted voice. I’ll definitely be using in our home!” • Courtney DeFeo, author of In This House, We Will Giggle (Courtney DeFeo, author of In This House, We Will Giggle)

Lynn Cowell is a part of the Proverbs 31 Ministries speaking team, speaking to pre-teens, teens, multi-generational and women’s conferences and retreats on a regular basis. Girls often come up to her saying, "How did you know that’s what I was going through?" Hearing direction and guidance on critical issues they face, Lynn encourages them to reach their fullest potential by finding the relationship in Christ they were created them for. For the past 18 years, her ministry has helped thousands of girls and their moms: Replace loneliness, rejection, and pain with acceptance, affirmation, and approval. Make decisions that lead women to reaching their fullest potential, rather than being a victim to emotionally-based decisions. Shift faith in Jesus from a parental influence to a personal, growing relationship. Develop and stick to boundaries that protect the heart, mind, and body. Communicate with guys and other girlfriends in a healthy and positive way. In addition to speaking on the national level, Lynn reaches many through her writing as an author of three books, blogger, and devotion writer. As a regular contributor for the Proverbs 31 Ministries’ daily devotions, Encouragement for Today, her devotions reach an audience of over 800,000 subscribers. She has been a regular contributor for The Whatever Girls and The Mom Initiative. Lynn and her husband, Greg, of 30 years, are the parents of three young adults: Zak, Mariah, and Madi. The Cowells reside in North Carolina where they enjoy hiking in the mountains, wearing

well-worn sweatshirts and eating anything that combines chocolate and peanut butter. Â

Brave Beauty: Finding the Fearless You by Lynn Cowell has been a blessing to my tween daughter. She and I have been enjoying going through this devotional together. The book itself is beautiful and the chapters are short enough for our busy girls to read at least one a day and find encouragement and Biblical truth to help guide them through this ever changing season in their lives. The tween years are not easy, but Lynn shares personal stories, questions to get the girls thinking, quizzes to allow the girls to discover themselves and who they are in Christ and so much more. My daughter loves the courageous calls at the end of each chapter. This devotional touches upon so many different areas our girls will encounter and question as their body changes and peers challenge them. She covers topics on worth, acceptance, the changing body, purpose, being true to who you are, truth, courage, confidence and so much more. All areas our girls need to hear truth and use to build themselves up and allow them to stay true to who God created them uniquely to be. I think this devotional will be referred to often, not just a one time read thru. I can't recommend this book enough. I am gifting a few copies away to some special girls. I was blessed to receive an advanced reader's copy of Brave Beauty in exchange for my honest review.

There are many things that I love about this book, but one of the highlights is the breadth of topics that Lynn writes about. Tweens deal with so much in such a small amount of time and they need to have a resource that helps them deal with a multitude of things...and show them that with God, they can navigate through them all. I am so excited that my tween has this book and I look forward the conversations we can have from it!

The title "Brave Beauty" will capture the heart and attention of the tween girl in your life. Beautifully written, Lynn Cowell captures the essence of the voices speaking to our tweens and replaces them with God's truth. A great book for moms and girls ages 8-12 to read together. There are journaling spaces for the girls to express what they are learning daily about bravery, courage, confidence and beauty. As they learn these things they come to understand God's great love for them. I highly recommend "Brave Beauty". I bought a copy for my granddaughter and have recommended it to friends who are moms of tweens.

Brave Beauty is so beautifully written. It's a wonderful devotional for 8-12 year old girls, but is written in a conversational style. Brave Beauty helps girls connect with God through journaling spaces,

prayers and practical application. It's written to be a devotional companion and personal book for each girl, so they can have a record of their faith journey. Brave Beauty is a book that girls will turn to again and again. Girls will enjoy devotional entries that encourage them to know God—who He is and how He can help them. They will also learn to depend on God, trusting Him to guide them. Girls will learn about what God says about them in His Word, and that whatever they are going through, matters to God. Looking at people throughout the Bible, girls will see how they faced difficult situations, and God took care of them. I truly enjoyed Brave Beauty myself. I appreciate Lynn Cowell's friendly style, as a conversation between friends. The truths and life principles contained in Brave Beauty are relevant to any age. Girls (and older girls, too!) will find that courage, confidence, and beauty are rooted in God. As girls know God more, they will understand how deeply He loves and cares about them; and because He does, they are brave, courageous, confident, and beautiful. I very highly recommend Brave Beauty. I know the girls in my life will be blessed by it. I am ordering a copy for myself, too.\*Disclaimer: I am blessed to have been able to read and review Brave Beauty. I received an Advanced Reader's Copy from the publisher in exchange for my honest review. The opinion stated is my own. I have not been compensated in any way.\*

As a tween mom, I find it hard to find books that we can read and learn from together. Brave Beauty is geared toward 8-12 year olds but I enjoyed it as well. As moms, we too struggle with the same issues our girls do and fight to not show it. That's hard! I want to show my girl how to be brave. Because y'all, middle school is going to be tough, I know, and I want to equip her the best I can and show her how God sees her and that's what matters. All in all, Brave Beauty is a devotional that I know we will reread over and over.

I can't say enough about how much my daughter and I have enjoyed reading Brave Beauty: Finding the Fearless You by Lynn Cowell. I have an eleven year old daughter. It was so great to be able to read through a devotional book with her that did not feel daunting in length or content. Lynn's personal stories throughout the book made things so much more relatable for my daughter. It was not just "mom" telling about when she grew up. This is such a tough time in a young girl's life. We had some great discussions about self-worth and how the world thinks versus what God has to say. It is refreshing to have such a positive message in language my daughter can understand and absorb. Now that we have had a chance to go through the book we can't wait to get a group of her classmates together to go through the book again together. It will be such a great tool to open up honest dialogue between the girls so they can lift each other up and encourage one another to be

brave and be exactly who God made them to be.

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