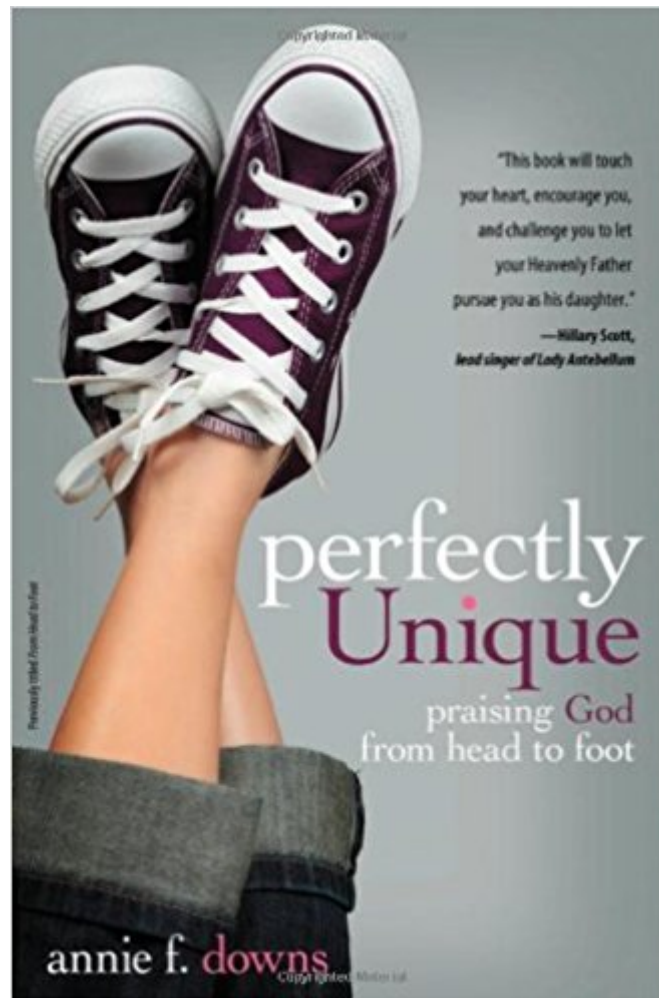




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# Perfectly Unique: Praising God From Head To Foot



## Synopsis

Your body is an instrument. ã No, itã„s not a flute, or a guitar (I hope). It is a sacred and original design by a master craftsman with a specific plan and purpose. ã Thatã„s a pretty big deal. ã From head to foot, the way you view your body is directly connected to how you serve God. Seriously. From the thoughts you think to the steps you take, every part of you is linked to the divine. Perhaps you are struggling with your body image or are trying to make sense of why God made you as you are. Maybe you are looking for new ways to understand Scripture or to love God more fully. Either way, this book will take you on a thoughtful, funny, and spirit-filled exploration of the way you were designed and will help you better honor the Creator by learning to value his perfectly unique creation (yourself!).

## Book Information

Paperback: 224 pages

Publisher: Zondervan; Reprint edition (September 8, 2012)

Language: English

ISBN-10: 0310724341

ISBN-13: 978-0310724346

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 87 customer reviews

Best Sellers Rank: #38,021 in Books (See Top 100 in Books) #16 in ã Books > Teens > Social Issues > Self-Esteem & Self-Reliance #16 in ã Books > Teens > Personal Health > Self-Esteem #34 in ã Books > Christian Books & Bibles > Education > Home Schooling

## Customer Reviews

In this attractively packaged book targeting preteen and teen girls, Downs hits on multiple issuesã„self-image, eating habits, false ideas, serving others, and handling the tough things life throws at youã„and delivers up practical advice grounded in the Bible and iced with humor. Each chapter focuses on a part of the body (hence the subtitle) and relates it to things like keeping your mind pure, focusing your eyes on the right things, and letting your feet carry you where God wants you to go. Each chapter ends with ã“Chew on This,ã„ an application type of exercise to make the chapter personal. Young women who are concerned about developing their internal character and becoming stronger Christians will gravitate to this beautiful and breezy title that deals with serious issues in a compassionate manner. The book should also find a strong

following in Bible study groups for teen girls. Grades 7-10. --Melissa Moore

Annie F. Downs is an author and speaker based in Nashville, Tennessee. Flawed but funny, she uses her writing to highlight the everyday goodness of a real and present God. Annie is the author of two books for teens: *Perfectly Unique*, a spiritual growth book for high school and college girls, and *Speak Love*, a challenge to women on how to use their words to make a difference in the world. By weaving together personal stories, humor, and Scripture, she invites the young women reading to experience fulfilled lives with a God who made them on purpose and loves them deeply. When she's not working on books, Annie spends her days writing all over the internet-blogging at [AnnieBlogs.com](http://AnnieBlogs.com) and  [\(in\)courage.me](http://(in)courage.me) - sharing truths about her life in Nashville as a single Christian woman and the stories that are woven into each day. Annie also loves traveling around the country speaking to young women as a Girls of Grace speaker as well as at other retreats and events. Annie is a huge fan of singer/songwriters, burritos, her community of friends, and sports of all kinds.

*Perfectly Unique* is an easy read about a woman whose relationship with God has changed over the years. Throughout the book, Annie Downs shows the readers her perspective about herself and how she has learned to accept herself in life. The book offers ways and suggestions on how to build a stronger, deeper relationship with God. It was an easy read because the messages in the book were relatable and we could connect to what she was saying. The strengths of the book were organization and creativity. The book flowed when we read it and it was interesting to see how she connected the human body to having a strong relationship with God. A weakness of the book was that she started her story from when she was really young and that part of the book wasn't needed. This book is relevant in the world today because people are getting farther away from having a relationship with God. This book shows people how it's possible to get through difficult times by having God on your side.

I read this book with my daughter. We read it before she started middle school. The author is relatable and I love how she goes head to toe on how a girls body can be compared and used for Godly purposes. We loved reading her stories and the comfort level through the book.

Wonderful reminders of how awesome our creator is and how we can praise and worship him daily. Recommend for women of all ages.

My middle school girls used this book for our bible study on Sunday mornings. We enjoyed every chapter and how it caused us to look at ourselves the way God sees us. With great biblical insight and tons of laughs, this is a great book to use for young women who need a different perspective than our world is giving them. Congratulations Annie! This was a truly inspired book that I think every woman should read.

Great motivational book. Good read.

I read this book in 2 days. I could not put it down. I feel it was geared more towards teenagers. I have 2 teenage girls who I am going to have read it. It helped me as an adult with my own stuff going on and also gave me insight on how to chat w my girls about things and explain it on their level!

Good read.....good gift!

Big fan of Annie Downs. As a high school girls small group leader I read this to know if I could recommend to my girls and perhaps as a small group study resource and it is perfect for that. Love Annie's humor and clear love for the Lord. Relatable and real. Easy to read.

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