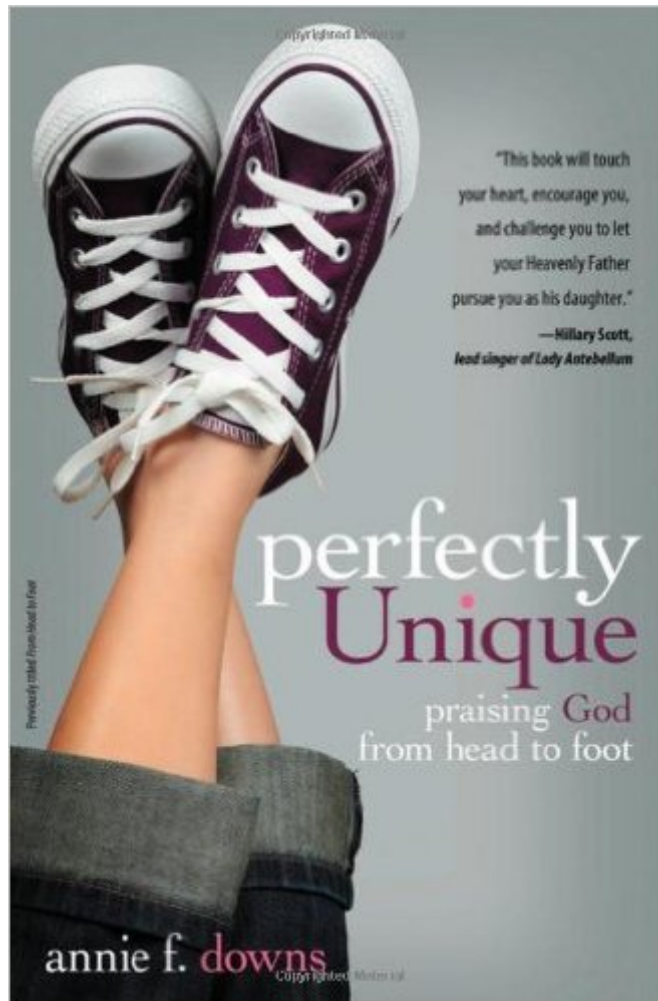


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# Perfectly Unique: Praising God From Head To Foot



## Synopsis

Your body is an instrument. No, it'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. That's a pretty big deal. 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

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## Customer Reviews

This book is absolutely amazing. I'm a college student and this book totally even applied to me and daily struggles that I think all girls/women deal with. Annie writes in a way that makes it easy to read and also feel like you know her! I would recommend this book to any female, especially those girls in elementary, middle, high school, and college. Since reading this book I've been able to remember a lot of things Annie says and different tricks she says to use in daily life to help me feel better about the woman God created me to be. Definitely buy this book and its wonderful for a gift for any girl:)

"Perfectly Unique" is a must-read for any teen girl or young Christian woman you know. I wish this book had been around when I was treading through those difficult teenage years but even now as a

30 year old, I was challenged and encourage by Annie Downs' godly perspective and insight. She has a way of storytelling that makes you feel as if you've known her forever and are chatting over chai at your local coffee shop. Get it for yourself, give it as a gift, or use it as curriculum for a Bible study or small group, just don't miss out on this book!!

I loved this book and it will definitely be a book that my daughter and I read together as she gets older. Annie gives vulnerable insight and wisdom through her personal experiences on issues that arise in every teen-age girl or woman! God has used this book to bring healing to places in my own life and I'm grateful.

I was able to be get a pre-released copy of "Perfectly Unique" and I totally loved it! Annie is a great author and I loved how she told so many stories that related (or didn't relate) with what she was talking about. There were times when I cracked up with a story she told. I could totally relate to her stories and loved every chapter. Some chapter's were better than others, but I related to every chapter in one way or not. Most chapters she made me look at certain things differently. I wouldn't look at most things she did and it gave me a really good perspective. I think every teenage girl should read it and she can get a least one good thing that she learned and would grow from this book.

This book should be shared by all mothers and daughters - it was a wonderful read and a blessing to get to know Annie through her book.

Annie Downs has the gift of being able to write to teenage girls in a voice that's real and vulnerable. She is funny and relatable and will make them feel like they're sitting across the table from their big sister as she helps them through the struggle of loving themselves for who God made them to be. I wish this book had been around when I was a teenager. It is the perfect book for a small group discussion or just to give to a girl in your life who needs to be reminded that God has big plans and purposes just for her. And that's why He made her perfectly unique.

You will hardly find me with a non-fiction book. I don't like reading them, I disagree with most of them, and I think fiction is the bee's knees. But Ms. Downs has changed my opinion. This once. ;) Ms. Downs brings us a book all about learning to love ourselves and how to praise God with our bodies. My expectations were set. I was ready to disagree. But I was happily disappointed. Instead,

I was smiling and laughing at Ms. Down's down-to-earth writing and I was thinking through everything she said. I loved the first two chapters so much I corralled my cousin Tabitha into reading through the book with me! Through the book, Ms. Downs discusses mind, eyes, ears, mouth, shoulders, heart, hands, stomach, knees, and lastly feet. At the end of every chapter she's formed little "activities" which include Bible verses to read, words to look up in the dictionary, and things to think on. I accepted all her advice at the end of each chapter and performed some (sadly not all, but I will go back and do them!) of the "activities". To conclude, Ms. Downs makes you feel like you're her best friend. She shares stories from her personal life, recipes which can be found in the Appendix, and gives solid advice. I highly, highly recommend this book to every teenage girl. I received this book from Zondervan's Good Teen Reads in return for an honest review. Thanks!

I bought this book for my 15 year old daughter and asked my wife to read it first. She read the first two chapters and said "this is not the book for my daughter." The first two chapters talked about physical appearance and recommended waxing eyebrows, wearing make-up, wearing jewelry, asking a friend whose fashion sense you admire to go with you to pick out jewelry. This is the last thing we want anyone to tell our daughter. We are happy that she already does not worry about her physical appearance. Then I picked up where my wife left off and began reading chapter 3. I couldn't believe what I was reading! People are to be judged by the way their eyes look?!! The author mentions reading about a football player from high school that she liked, for 90 minutes on facebook, and does not talk about all the huge number of reasons why this is bad!!! Instead it just leads to a joke about a pro football player she liked. And she talks about how she could judge a rock musician by the way his eyes looked. She said her friend told her he was a nice guy, which she was able to dismiss because he looked freaky!!! Annie, there are many endocrine and neurological conditions that lead to a person's eyes being unappealing in this way, which could be genetic or from malnutrition or injury. It's true that the rock musician may have used drugs which lead to some damage. That is a complicated moral situation for a young girl if she is to get to know him. But the Bible passage you quote from Mathew about the way a person's eyes look is not about the physical appearance of a person's eyes, it is about the way they view the world! For example, whether you judge a person by their appearance!!! Look at the other passages in Mathew!!! Does it say something about what you are to wear? Yes it does, it says do not worry about the clothes you wear!!!

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