Track: A Student's Guide to Body Image

Julie Lowe

RELEASE DATE 10 SEPTEMBER 2024

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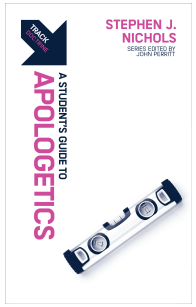

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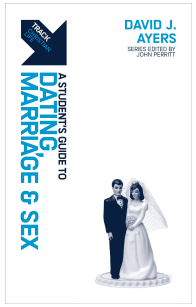

DESCRIPTION

"Mirror, Mirror on the wall..."

We are bombarded with the idea that physical perfection is everything. The flawless people on our screens tell us how to make ourselves more beautiful; the advertising industry tells us that our value is in our attractiveness; the voice in our own head tells us that we will never be perfect. We become obsessed with what we see in the mirror. Julie Lowe's short, helpful guide encourages us to look to Scripture to find out where our true value and worth lie. She shows how we were created in God's image, designed to worship Him – so how can we best use our bodies to honor Him?

- **By licensed, professional counselor**
- **Part of Track series for young adults**
- **Includes questions for reflection**

Track is a series of books designed to disciple the next generation in the areas of culture, doctrine, and the Christian life. While the topics addressed aren't always simple, they are communicated in a manner that is.

With the intention of the content being absorbed, examined and applied, each chapter includes a summary of the main point, and reflection questions that can be used individually, in one-to-one mentoring or in a group setting.

AUTHOR

Julie Lowe is a licensed professional counselor. She has authored 'Safeguards', 'Childproof: Parenting By Faith Not Formula', 'Building Bridges', 'Helping Your Anxious Child: What to Do When Your Worries are Big', and 'Teens and Suicide: Recognizing the Signs and Sharing the Hope'.

ENDORSEMENTS

Julie Lowe has long been a highly esteemed counselor, teacher, and wise guide in the care of souls for me. Her thoughtful wisdom is grounded in the truth of Christ and decades of experience not only in the counseling room but as a mother to several kids; she wrote this book out of the trenches of life!

Ellen Mary Dykas
Women's Ministry Coordinator, Harvest USA; Author of 'Sexual Sanity for Women: Healing from Sexual and Relational Brokenness' and 'Sex and the Single Girl: Smart Ways to Care for Your Heart'

This is the body image book I wish I had years ago! ... I can't wait to put this in the hands of those I counsel!

Kristen Hatton
Author of 'Exodus: The Gospel–Centered Life for Students', 'Face Time: Your Identity in a Selfie World' & 'Get Your Story Straight'

TECHNICAL DETAILS

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ISBN 9781527112063
BISAC REL012120
PRICE £3.19 $3.99

14/11/2026