



The Real Me

Natalie Grant

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Teenage girls and soccer moms. Housewives and corporate executives. Young professionals and those who are retired. No matter their professions or responsibilities, women of all ages and all walks of life often struggle with an all-consuming issue-self-image. We as Americans are continually obsessed with the grass-is-greener, anything-else-is-better-than-what -we-have philosophy. And that is never truer for women than when it comes to our bodies and our self-images. The media and the world around us tell us that we should be perfect in every way. But this kind of scrutiny and obsession with perfection leaves women feeling unloved, unattractive, frustrated, and even depressed.

In *The Real Me*, contemporary Christian singer and songwriter Natalie Grant is on a mission to especially help young women deal with this struggle and to find acceptance in how God created them. And this struggle is something that Natalie understands fully-she gives the reader an inside look at her own struggle with image issues that led her on the path to bulimia. In acknowledging her pain and sharing her struggle, she offers practical help and hope to women of all ages.

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