



## Recommended Reading

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These resources are categorized by the topics named in the chapters of *Girl Perfect*, which covers topics as wide as sexual abuse to depression to drug use and more. At the bottom, we have resources categorized by frequently requested topics. This is in no way an exhaustive list of recommendations; instead, it is a list of works that have informed and enlightened Jen's journey and those of the women and girls we reach. We hope you find them helpful in the search for freedom, fulfillment and abundance in your life and your loved one's lives.

All of these resources are available here: [www.jenniferstrickland.net/pages/resources](http://www.jenniferstrickland.net/pages/resources)

### **The Perfect Affirmation: Guys and Sexuality**

- Nancy Alcorn, *Violated: Mercy for Sexual Abuse*
- Lisa Bevere, *Kissed the Girls and Made them Cry: Why Women Lose When they Give In*
- Chad Eastham, *The Truth About Guys*
- Chad Eastham, *Guys Like Girls Who ...*
- Shannon Ethridge and Steve Arterburn, *Every Young Woman's Battle: Guarding Your Mind, Heart, and Body in a Sex-Saturated World*
- Elizabeth Elliot, *Passion & Purity*
- Laura Sessions Stepp, *Unhooked: How Young Women Pursue Sex, Delay Love and Lose at Both*
- Nicholas D. Kristof and Sheryl WuDunn, *Half the Sky: Turning Oppression Into Opportunity for Women Worldwide*

### **The Perfect Acceptance: Girls, Jealousy and the Comparison Game**

- Hayley DiMarco, *Mean Girls: Facing Your Beauty Turned Beast*
- Rachel Simmons, *Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity, and Jealousy*

## **The Perfect Image: Getting Real**

- Jennifer Strickland, DVD, *The Perfect Image*, message at Crossroads Church, Corona, CA, 2008.
- Jennifer Strickland, Audio CD, *Heart to Heart*, message at Cornerstone Community Church, Wildomar, CA, 2009.

## **The Perfect Body: Eating Disorders, Dissatisfaction, and the Battle for Control**

- Nancy Alcorn, *Starved: Mercy for Eating Disorders*
- Nancy Alcorn, *Beyond Starved: Mercy for Eating Disorders, Real Stories of Real Freedom with Bonus Study Guide*
- Lisa Bevere, *You Are Not What You Weigh: End Your War With Food and Discover Your True Value*
- July Halliday, R.N. and Arthur Halliday, M.D., *Thin Within: A Grace-Oriented Approach to Lasting Weight Loss*
- Courtney E. Martin, *Perfect Girls, Starving Daughters: The Frightening New Normalcy of Hating Your Body*
- Morgan Menzie, *Diary of an Anorexic Girl*
- Allie Marie Smith and Judy Wardell Halliday, *HEAL: Healthy Eating Abundant Living, Your Diet-Free, Faith-Filled Guide to a Fabulous Life*
- Margot Starbuck, *Unsqueezed: Springing free from skinny jeans, nose jobs, highlights and stilettos*
- Travis Stewart, audio file, *The Glory of the Human Body*, on the True Campaign website: [www.truecampaign.org/teaching#glory](http://www.truecampaign.org/teaching#glory).

## **The Perfect Look: Fashion, Pride, and Real Beauty**

- John and Stasi Eldredge, *Captivating: Unveiling the Mystery of a Woman's Soul*
- Leslie Ludy, *Authentic Beauty*
- Jennifer Strickland, DVD, *Inside Out*, message given at the Inside Out Conference, Williams Bay, Wisconsin, 2010. (Available in our Online Store)
- Joanna Weaver, *Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life*



### **The Perfect Dream: Money and Success**

- Rick Warren, *The Purpose-Driven Life: What on Earth Am I Here For?*

### **The Perfect Escape: Loneliness, Drugs, and Suicide**

- Nancy Alcorn, *Trapped: Mercy for Addictions*
- Marilyn Meberg, *God at Your Wit's End: Hope for Wherever You Are*

### **The Perfect Path: The Wide and Narrow Roads**

- Dee Brestin and Kathy Troccoli, *Falling in Love with Jesus*
- Anne Lamott, *Traveling Mercies: Some Thoughts on Faith*
- Beth Moore, *The Beloved Disciple: Following John to the Heart of Jesus*
- Lee Strobel, *The Case for Christ: A Journalist's Personal Investigation into the Evidence for Jesus*

### **The Perfect Fulfillment: The Road to Healing**

- Stephen Arterburn, *Healing is a Choice: 10 Decisions that Can Transform Your Life and 10 Lies that Can Prevent You from Making Them*
- Christina DiMari, *Ocean Star: The True Story of a Heart Lost and Found*

### **The Perfect Freedom: A Beautiful Mosaic**

- Beth Moore, *Breaking Free: Making Liberty in Christ a Reality in Life Bible Study and teaching DVD.*
- R.T. Kendall, *Total Forgiveness: When Everything in You Wants to Hold a Grudge, Point a Finger, and Remember the Pain – God Wants You to Lay It All Aside*
- Nancy Leigh DeMoss: *Choosing Forgiveness: Your Journey to Freedom*

### **Modeling**

- Stephen Fried, *Thing of Beauty: The Tragedy of Supermodel Gia*

### **Self-Harm**

- Nancy Alcorn, *Cut: Mercy for Self-Harm*
- Nancy Alcorn, *Beyond Cut: Mercy for Self-Harm, Real Stories of Real Freedom with Bonus Study Guide*

### **Teen Girls**

- Mary Pipher, PH.D., *Reviving Ophelia: Saving the Selves of Adolescent Girls*



- Sara Shandler, *Ophelia Speaks: Adolescent Girls Write About Their Search For Self*

## **Womanhood**

- Lisa Bevere, *Fight Like a Girl: The Power of Being a Woman*
- Lisa Bevere, *Out of Control and Loving It!*
- Lisa Bevere, *Nurture: Give and Get What You Need to Flourish*
- Lisa Bevere, *Lioness Arising: Wake Up and Change Your World*
- Elizabeth George, *A Woman After God's Own Heart*
- Holly Wagner, *GodChicks: Living Life as a 21<sup>st</sup> Century Woman*



