

## WEEK ONE

Foreword  
Some Notes to Begin Your Journey

Day 1: The Little Girl Inside of You  
Day 2: The Longing to Be Affirmed  
Day 3: Sex  
Day 4: Shame  
Day 5: Made New

## WEEK TWO

Day 1: Jealousy and Comparisons  
Day 2: The Domino Effect  
Day 3: Eyes of Grace  
Day 4: Unveiled  
Day 5: Taking Off the Masks

## WEEK THREE

Day 1: The Lord and the Body  
Day 2: The Longing and the Hunger  
Day 3: Perfection and the Body  
Day 4: Looking Good  
Day 5: Beautiful and Glorious

## WEEK FOUR

Day 1: Money, Money, Money  
Day 2: Treasures in Heaven  
Day 3: The Threefold Dream, Part 1: The Spirit  
Day 4: The Threefold Dream, Part 2: The Crown  
Day 5: The Threefold Dream, Part 3: The Plan

## WEEK FIVE

Day 1: Captivity and Exile  
Day 2: Going into Hiding: False Methods of Escape  
Day 3: The Wide Path or the Narrow?  
Day 4: A Little Girl Again  
Day 5: The Perfect Path

## WEEK SIX

Day 1: Our Food  
Day 2: Healing Waters  
Day 3: Freedom to Be the Girl God Made  
Day 4: Free Indeed  
Day 5: My Canaan

A Worksheet: What Is Perfect?  
The Lies, the Longings, and the Truths that Set Us Free  
Notes  
Bibliography