



# More Than Skin Deep: A Guide to Self and Soul

*Crystal Kirgiss*

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# More Than Skin Deep: A Guide to Self and Soul

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## **More Than Skin Deep: A Guide to Self and Soul** Crystal Kirgiss

Dig deeper. You hear a lot about skin these days, and all the products, moisturizers, makeup, makeovers, soaps, masks, and lotions that you “need” to take care of that skin. This book isn’t about that. It’s about something much deeper?the “skin” you have inside that holds together the things like your passions, dreams, thoughts, beliefs, and ideas that make you who you are. Uniquely created and loved by God, this skin contains your inner beauty?and understanding its power can help you overcome the anxieties, insecurities, and fears the outer world presents. Find out what it means to celebrate, accept, love, and care for the skin that really matters.

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