

# THE BEAUTIFUL LIST

by Christine Virgin

Today's girls need to hear that they are **beautiful** and **worthy** more than ever before.

Since 2007, the suicide rate among 10-14-year-old girls has more than tripled\*

Since 2007, teen girls are more likely than teen boys to experience a bout of depression\*\*

Confidence drops by about 30% in girls between the ages of 8 and 14\*\*\*

The Beautiful List novel engages girls ages 9-12 right where they are to speak the truth into them: that they are beautiful and worthy just the way they are. Through protagonist Seraphina (Serah) Reynolds' exploration of what true beauty is, today's girls will find a friend in whom they can trust to dig deeply and take them safely into the recesses of their minds, where toxic thoughts take hold but be overcome.



[TheBeautifulList.com](http://TheBeautifulList.com)

"I highly recommend The Beautiful List for every young tween and mother who wants to have meaningful conversations that will deepen their relationship. In today's world with so many conflicting messages, we need girls to know that they are worthy and beautiful inside and out. This book is a great start to last a lifetime."

—**Lidia Soto-Harmon, Chief Executive Officer, Girl Scouts Nation's Capital**

"A delightful coming-of-age story that enters into the journey of twelve-year-old Serah Reynolds as she searches to define, categorize, and embrace what is truly beautiful. Serah grows deeper and stronger as she encounters friend issues, sibling dynamics, and several unexpected encounters that alter her, inside and out. Regardless of your age, this story invites you to be on the lookout for beauty that's more than skin deep."

—**Katie M. Reid, author of Made Like Martha and A Very Bavarian Christmas, mother to 5 with a Master's Degree in Secondary Education**

"Once I started to love Serah – somewhere around page 1 – I couldn't close the cover. This novel has everything: original concept, timely theme handled with authenticity, characters I wanted to either bring home or smack (which is a good thing) and a voice that convinced me that Christine Virgin actually is a 12-year-old MENSA candidate with a heart as big as Montana. Tween readers are in good hands with this author."

—**Nancy Rue, author of The Lily Series, The Sophie Series and The Lucy Collection**

**It's a message our girls are desperate to hear, and a tool unlike any other parents will find.**

\* <https://www.cdc.gov/nchs/products/databriefs/db433.htm> \*\*\* <https://time.com/5247275/confidence-gap-girls>

\*\* <https://www.pewresearch.org/fact-tank/2019/07/12/a-growing-number-of-american-teenagers-particularly-girls-are-facing-depression/>

## THE BEAUTIFUL LIST...

- Normalizes the insecure thoughts of pubescent girls to counteract the loneliness they can feel about their changing bodies
- Encourages developing healthy friendships and conflict resolution through the realistic girl drama in the book that is prevalent in 9-12-year-olds

- Includes a book club guide at the end so girls can chat through the chapters in groups with peers, moms, or other trusted adults
- Opens the door for moms to relate to their daughters during these key years by using a fictitious character to open discussion about uncomfortable topics
- Authentically and humorously addresses life as a tween by using some real life events



## Christine Virgin

Christine Elliott Virgin has been writing for years, but this is her debut novel. She graduated from the University of North Carolina at Chapel Hill with a B.A. in journalism and mass communication as well as a minor in business administration. A former Charles Kuralt Fellow at Voice of America, her story-telling background comes from both broadcast journalism and long-form documentary television production. In 2010, she started the blog [peenpeace.com](http://peenpeace.com) as an outlet for both creativity and sanity as a stay-at-home mom. The concept for *The Beautiful List* had been on her heart, but it took being in a cast for three months after ankle reconstruction surgery in December 2019 to finally put pen to paper.

Christine has published online articles in *Christianity Today* and *Today's Christian Woman*, and continues to blog at her author website, [www.christinevirgin.com](http://www.christinevirgin.com). She enjoys too many things to list, but some of her hobbies are gardening, skiing, cooking, and exercising. However, she feels most alive when she drives cars as fast as she can on a racetrack. Christine resides outside Washington, D.C. with family.



- Christine is a role model to girls everywhere to embrace their passions and boldly be themselves, even if they don't fit the typical "female" mold.
- Her broadcast journalism experience makes her comfortable on camera, and she is relaxed as a speaker and presenter.
- Speaking engagements include the Girl Scouts, GirlsUP, MOPS, as well as public & private schools in the D.C. area
- She has walked dozens of tweens and moms through *The Beautiful List* discussion guide.

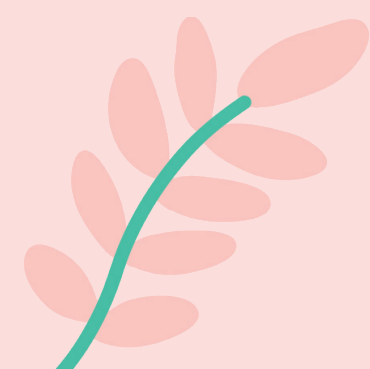
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# Sample Interview Questions

**01** What are our kids facing today that we didn't face when we were growing up?

**02** Are today's tweens and teens more anxious than ever before?

**03** What are some boundaries we can set in our homes around social media and screens, and where do we start?

**04** Why is it important to speak beauty and worth into girls around ages 8-9?

**05** What did you struggle with through your tween and teen years? How has that shaped you and your calling?

**06** Why did you write *The Beautiful List*?

**07** What made you different as a child?

**08** How did you get into racing and what does that have to do with girls?

**09** What's it like going to the track? Are there many women?

**10** What does every girl need to hear? What about boys?

