



# Beauty and the Bitch: Grace for the Worst in Me

*Jan Meyers Proett*

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## **Beauty and the Bitch: Grace for the Worst in Me** Jan Meyers Proett

As an experienced counselor, Jan Proett has logged countless hours listening to women describe themselves in the worst possible light. She's also plenty practiced at turning that light on herself. In this bracing and bravely personal book, Proett invites women to face the truth about themselves. And the truth is this: no matter how imperfect, fearful, shameful, and downright bitchy we have been, we can be restored. A life of fear and control can be met by peace and freedom. A heart full of rage can be overwhelmed by kindness. The demands of more can be trumped by gratitude and rest. And the best part—every last ugly, nasty place in our hearts can be made beautiful.

Beauty—when we take an honest look at ourselves, that's what we'll find underneath all the stuff we've piled on top.

No matter who we think we are or what we've done, there's a beauty inside us, a beauty that defines us, a beauty we've forgotten. Rediscover that beauty and let it tell you who you really are.

### **PRAISE FOR BEAUTY AND THE BITCH**

"Jan's words will heal and minister life to the broken places for so many women. Instead of resorting to armor or performance, Jan encourages us to embrace the dignity and identity found in Christ. It's an honest and timely book for many women."

—Sarah Bessey, blogger and author of *Jesus Feminist*

"Every failure of love, cruel word, broken loyalty, withdrawal of care arises from the war within. We live out the war of our divided self and the debris casts a shadow over every relationship. Jan Meyers Proett has lovingly and graciously allowed us to enter her world to see not only the harm, but also the hope. The more we tell the truth about our war, the more healing our heart is open to receive. And the hope is always the beauty we have been made to be in the light of the true beauty of Jesus. *Beauty and the Bitch* pushes the envelope of language and invites us to consider the depths of what inflicts not only a woman's heart, but a man's as well. I wince at the B-word and how it may be used by a man against a woman or by a woman with cavalier contempt. Jan is a courageous woman to name her inner war with that word, but it is never the prerogative of any man, ever, no matter the depths of sin, to use that word against his wife or any other woman. May your reading invite you to the face of beauty you are and the one you are to become."

—Dan B. Allender, Ph.D., Professor of Counseling Psychology and Founding President, The Seattle School of Theology and Psychology

"The title of this book obviously grabbed my attention. But I'm so grateful I didn't stop with the cover, for what oozes from the chapters and paragraphs and lines and words is very good news, and heaven knows we need more of that. Author Jan Meyers Proett practices midwifery here. By confessionally sharing the pangs of her own story, Jan encourages the birth of something in you and me: beauty – not as the world defines but as God desires. This process is not pretty, but the world doesn't need more pretty. The world needs more

beautiful. Thank you, Jan."

—John Blase, author of Know When To Hold 'Em

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#### **Sophia Hardee:**

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