



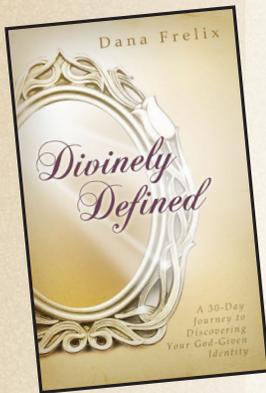
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Dana Frelix

Author Bio



Dana Frelix speaks and writes out of personal life experiences to help people live better, more fulfilling lives. She is the author of GYRLs for Christ (a Bible study for teenage girls), and she is the author of A Woman's Worth blog. Dana serves as fundraising co-chair for the Los Angeles chapter of Mocha Moms, Inc., a nonprofit organization that supports stay-at-home mothers. In 1990, she was crowned Miss City of Inglewood and participated in the Miss California pageant. These experiences, and more, have contributed to her passion for helping women know that God, not society, defines who they are. Dana earned her B.A. degree from UCLA and her master's from the University of Redlands. She and her husband, Alan Frelix, live in Los Angeles, CA, with their two young children.



Book Recap

Life's negative circumstances often leave scars that affect how women treat themselves and others. *Divinely Defined*, a 30-day devotional, points out that women are defined by God's Word, not by life events and situations. Poignant devotionals, challenging exercises, and powerful prayers are designed to help women learn that they were created for a purpose, and possess God-given gifts and talents within. Readers come away with a true picture of exactly who they are in Christ.

Excerpts from Book

Acceptance from God means I don't have to worry about rejection from people. [Accepted, p. xii]

Whether you've experienced rejection from a parent or from someone you tried to befriend, rejection at any level does not feel good. Sometimes it can even leave you asking the question, "What's so wrong with me?" Truth be told, there could be many reasons why someone doesn't accept you, and none of those reasons may be your fault. [Accepted, p. 1]

What the world does not realize is that there is no one standard of beauty. Each of us was uniquely designed after the image and likeness of our Heavenly Father. He is perfect in every way, and despite the imperfections you think you see in yourself, He does not see anything about you to be a mistake. [Beautiful, p. 9]

Can't quite master "the look" for the new season? Maybe you weren't supposed to. Let the world see the beautifully unique creation called YOU. Allow your beauty to shine because when God created you, He made a wonderful masterpiece and put you on display for the entire world to see! [Beautiful, p. 10]

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