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Bold and Beautiful Study

Bold and Beautiful is a 10-session study aimed at college-aged female athletes that can be done preferably in a team or group setting.

By providing a biblical perspective on the issues faced by many female athletes; things like identity, body image, comparison, shame and control, we hope athletes will understand true beauty and how a strong and competitive spirit can be godly and feminine.

- [Download the Study](#)
- [Download the Leader's Guide](#)
- [Download Social Graphics](#)



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