

# Foreword

by Jason Kennedy

When I saw Lauren for the first time, two things stood out to me most.

The first was her confidence . . . and the second was her smile.

It was in the studio at *E!News*, where I work as a host. Lauren was there to do an interview with Giuliana Rancic about her accident. I had heard about Lauren and the tragedy that had taken her left eye and hand. As I watched her talk in person, laughing and sharing her story, I could tell: This is someone *real*. At the time, Lauren was in the thick of recovery, facing insecurities and uncertainties—but she was finding the confidence to put herself out there because she knew it could help others. You couldn't miss how beautiful that was.

And even from across the studio, I noticed her smile. It was one of those smiles that, even on your worst day, would make you feel better. After such a terrible accident, Lauren could have chosen *not* to smile and to view the world with bitterness and pain. And yet she was smiling. I wanted to get to know the woman behind that smile.

That was our beginning. We went hiking with her mom and my friend the next day. Lauren lived in Dallas and I live in California, but we continued to talk or Skype every

day afterward. I came to love Lauren because she is funny, smart, sweet, and considerate of everyone around her. She is thoughtful, always up for an adventure, and fits right in with the family and friends who are important to me. And she's quirky—it makes me laugh that she keeps four different packs of gum in her purse at all times, just in case.

But what makes her truly beautiful to me is her heart, and that's what you'll see on the pages of this book. We all have things we feel anxious about, things we wish we could change about our bodies or our personalities. Lauren is no different, but she doesn't let those things hold her back, because ultimately she knows who she is in Christ. As you read *Your Beautiful Heart*, your heart will become centered in God's love for you. You'll discover confidence, true beauty, and the courage to smile. Lauren cares so deeply for others, and it's because she cares for you that she's written this book. *Your Beautiful Heart* is a message straight from Lauren's heart to yours. I'm so glad you're not missing it.

I've always been moved by Lauren's story. She's been through so much, and her whole life changed on the day of her accident. But then I think, *So did mine*. Without that day, I never would have met her, seen her gorgeous smile, or known her beautiful heart. I never would have filled her apartment with white tulips and lit candles outside her balcony that spelled "Will you marry me?" I don't know why God chose this path for us, but I can't help but be grateful that I got that chance to propose, that Lauren said yes, and that I will be able to spend the rest of my life with a woman who is truly beautiful—not just on the outside, but in every way that matters most.

