

What is True Beauty?

Sr. Marie Therese talks about two great and holy women, St. Hildegard of Bingen and Blessed Chiara Luce Badano, who through their witness have helped her discover what it means to be beautiful in today's world.

Sr. Marie Therese Langer is part of The Congregation of the Sisters of Merciful Jesus, located in Alberta, Canada. Check out their [website](#).