



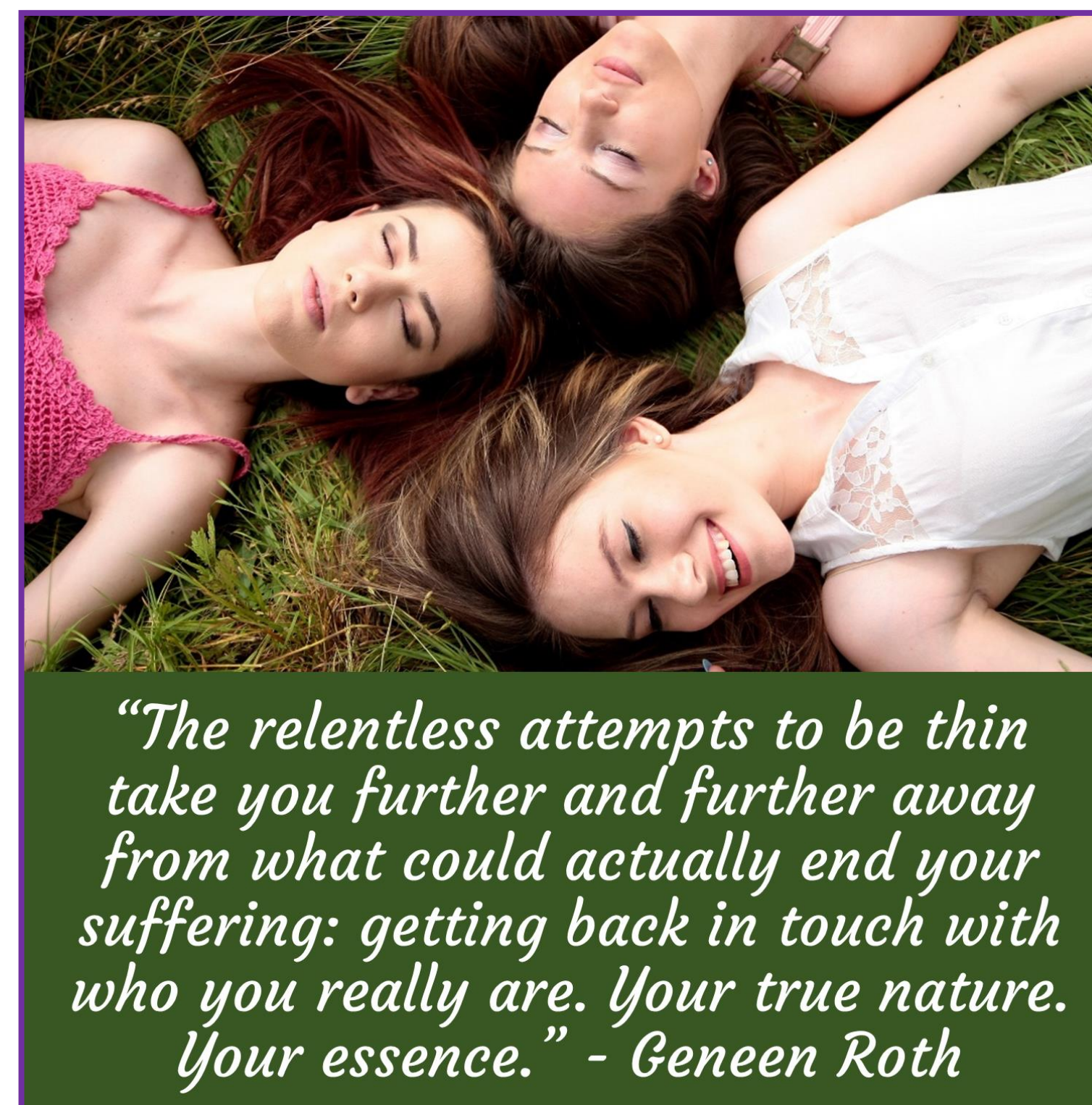
*"To me, beauty is about being comfortable in your own skin. It's about knowing and accepting who you are."*

*Ellen DeGeneres*

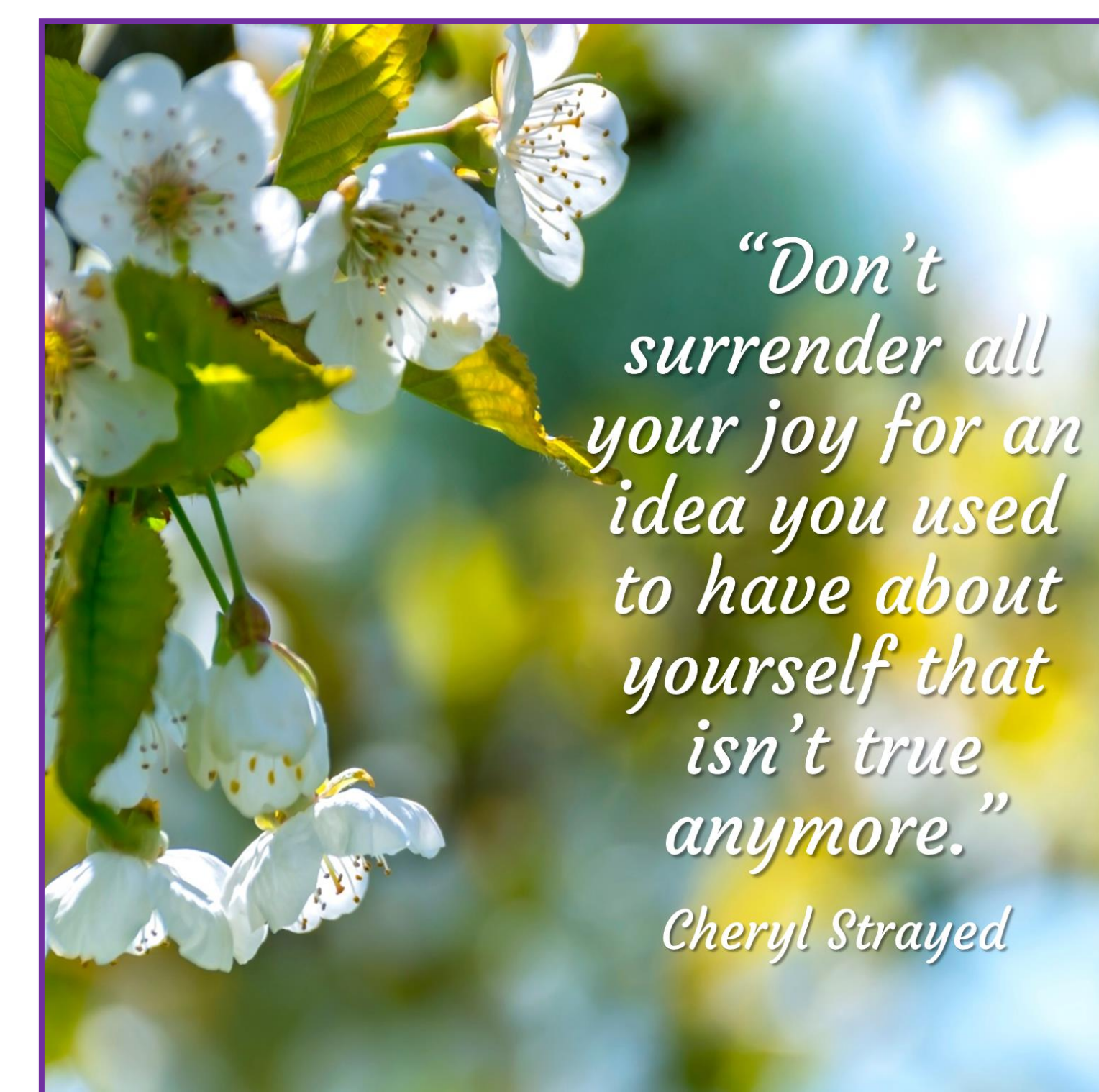


*"You're a work of art, not everybody will understand you, but the ones that do will never forget about you."*

*Amber Ibarreche*



*"The relentless attempts to be thin take you further and further away from what could actually end your suffering: getting back in touch with who you really are. Your true nature. Your essence." - Geneen Roth*



*"Don't surrender all your joy for an idea you used to have about yourself that isn't true anymore."*

*Cheryl Strayed*



*"You are allowed to be both a masterpiece and a work in progress, simultaneously."*

*Sophia Bush*



# Positive Body Image Inspiration

*Look in the mirror and love what you see*



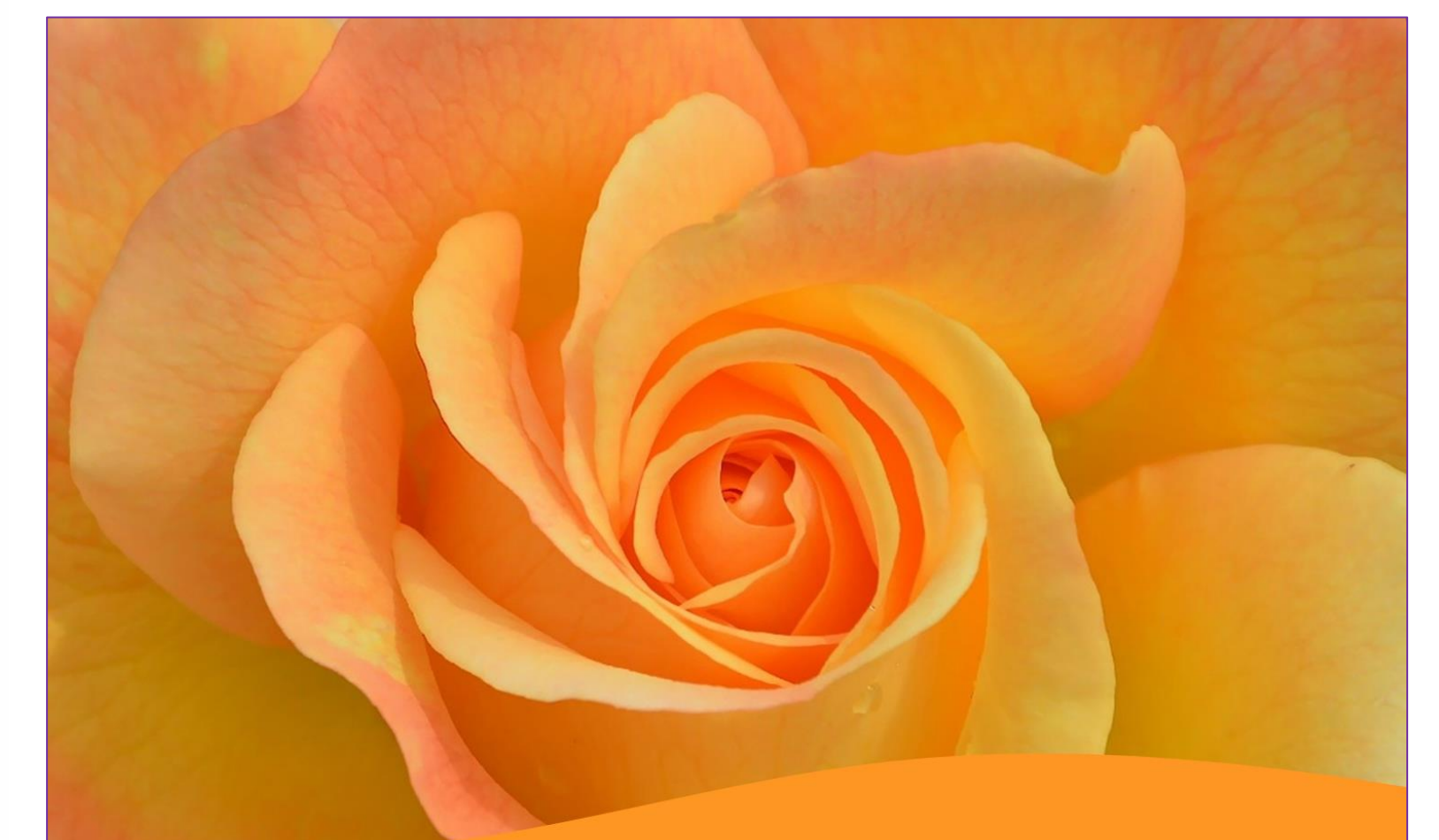
*"Kindness makes you the most beautiful person in the world no matter what you look like."*

*Unknown*



*"Your self-esteem won't come from body parts. You need to step away from the mirror every once in a while, and look for another reflection, like the one in the eyes of the people who love you and admire you."*

*Stacy London*



*"If you retain nothing else, always remember the most important rule of beauty, which is: who cares?"*

*Tina Fey "*



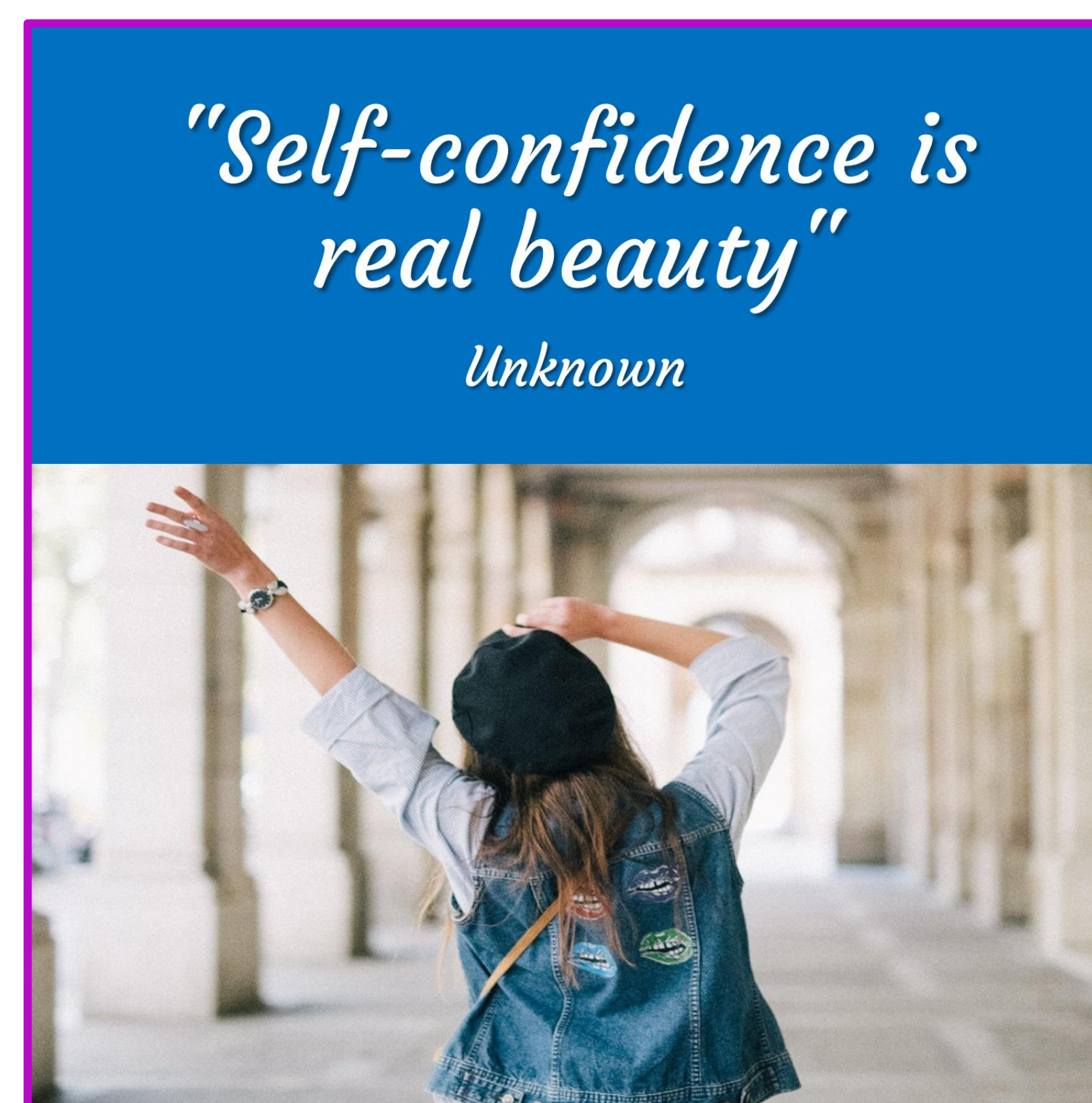
*"Exterior beauty, without the depth of a kind soul is merely decoration."*

*Vanessa Quintero*



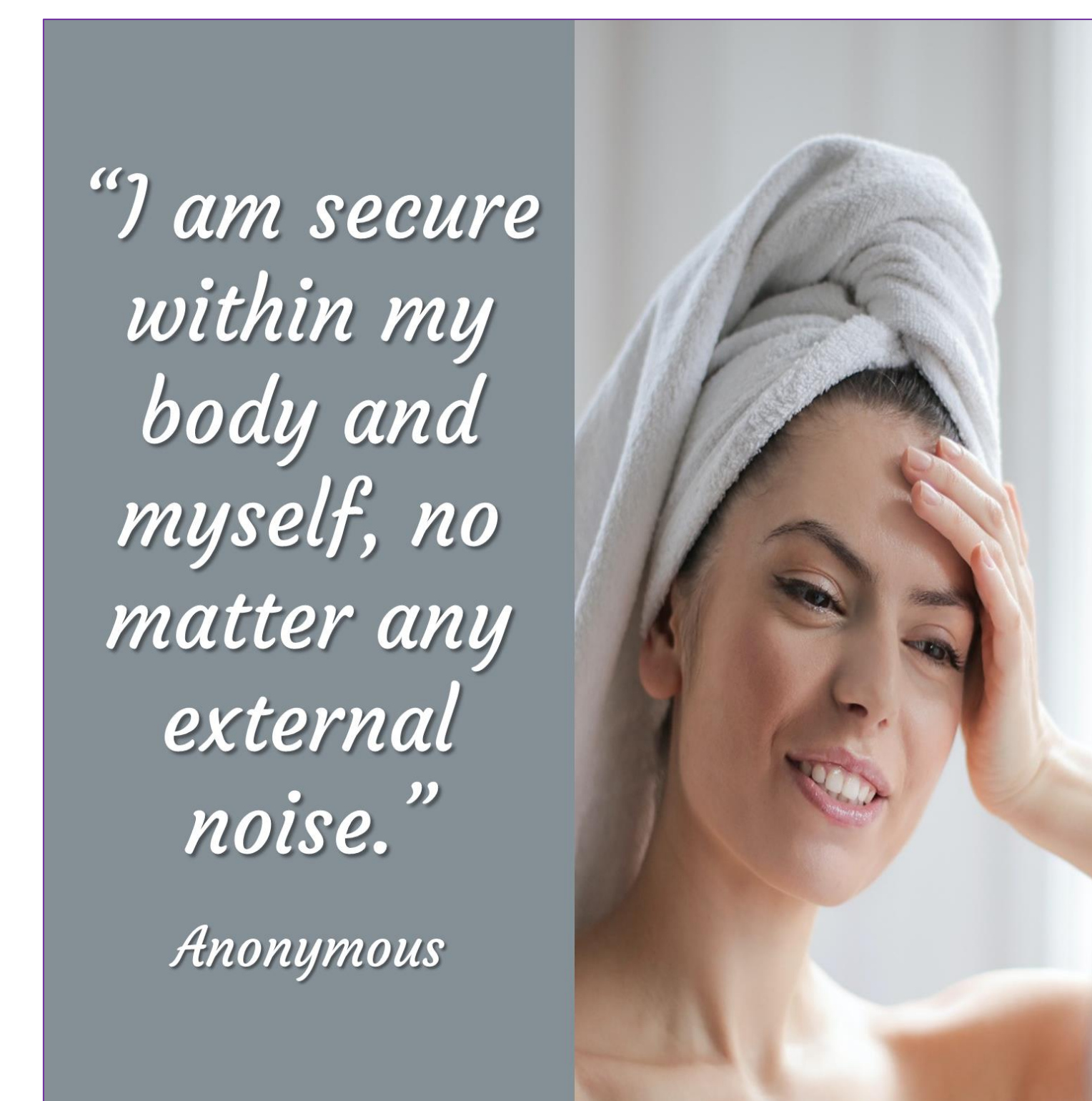
*To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.*

*Ralph Waldo Emerson*



*"Self-confidence is real beauty"*

*Unknown*



*"I am secure within my body and myself, no matter any external noise."*

*Anonymous*