

Positive Body Image

Redefining beauty



“You are imperfect, permanently and inevitably flawed.

And you are beautiful.”

~Amy Bloom

“It's never been true, not anywhere at any time, that the value of a soul, of a human spirit, is dependent on a number on a scale. We are unrepeatable beings of light and space and water who need these physical vehicles to get around. When we start defining ourselves by that which can be measured or weighed, something deep within us rebels. (p. 174-5)” ~ Geneen Roth, *Women Food and God: An Unexpected Path to Almost Everything*

“Though we travel the world over to find the beautiful, we must carry it with us or we find it not.”

~Ralph Waldo Emerson

“The best and most beautiful thing in life cannot be seen, not touched, but are felt in the heart”

~Hellen Keller

The beauty of life is that you don't have to be modernly beautiful to live it.

~C.S. Lewis

“My body is a gift, an instrument, not an ornament.”

“I don't need to compare myself with others in order to feel good about myself. I can acknowledge that we are all unique and admire the diversity of beauty in humanity.”

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*“I finally realized that being grateful to my body was
key to giving more love to myself.”*

~Oprah Winfrey

*“A cultural fixation on female thinness is not an obsession about
female beauty but an obsession about female obedience.”*

~ Naomi Wolf

***“By choosing healthy over skinny you are choosing
self-love over self-judgment. You are beautiful!”***

~ Steve Maraboli