

Dali

10/22/06



Entry #3: Picture Perfect and Anna and Her Friend Buli

People tend to dwell too much on looks, a fact I knew too well without the morning news doing a report on it. But it was interesting to find out why people did that. Women and girls usually compare themselves with pictures of models and they find that they can't compete with these seemingly perfect women. But the fact is, they don't exist, or rather they exist through photo brush ups were any flaw is covered. Even models don't look like that.

A company was hosting an announcement to show everyday women that there were many times "fix ups" in the business. It wanted to show that what was being shown on these magazines and more were not what the women actually looked like. The issue also extended to models and skinniness. Some are naturally skinny while others go on diets to stay that way but when was it set that looking skinny equals beauty? The truth of the world is everyone is different and they should love their bodies or at least except that they are who they are. Some girls who are often very impressionable want to be skinny because they can't see that they are fine the way they are. Those who can't become this standard turn to making themselves throw up or barely eating at all. Though I don't know of anyone like that in my life I have seen enough books about it to realize it exists. Yes, it does matter even if no one I know may be dealing with this because there are other people that it happens to. There are

consequences in making your body do this and your health will fail.

These two problems dwell from the same sources; insecurity, which is a thing a lot of people feel. But I think that if more people spread this understanding and show kids and adults how it affects your body it will make a difference. Also it will help to show the realities of what you see around in magazines.