

How Hard is it to Be Yourself?

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People are most beautiful the way they are. Some become even more beautiful through their achievements, whereas others lose their natural splendour to unnecessary whims of life. Therefore, why are we so often upset about the way we look and what we do?

The physical beauty is mainly defined by bodily weight. People are different – some are slim, some stout, some heavily built or even fat. Some people's weight is determined by their genes, whereas others' is caused by their life style. Normally, those who are slim are assumed to not have much of a problem, at least as far as clothes go. Among those who are bigger, some people choose to ignore their bodily imperfections, whereas others opt for disguising voluptuous body lines with suitable and comfortable clothes.

Usually women pay more attention to their looks than men. However, their appearance does not solely rely on how much they weigh. There are numerous other factors that make a woman beautiful, for example, a new stylish hairstyle, an appropriate make up, a rare piece of jewellery. A woman wearing original clothes will always catch your eye, no matter how much she weighs.

Adult women as much as teenage girls often dream of the looks of a fashion magazine cover model. They are most frequently immature looking, underdeveloped bodily shapes. It would be naïve to close your eyes and imagine yourself in their place, especially if you are over forty!

This is a very important threshold in every woman's life when the organism is undergoing numerous physiological hormonal changes. Willy-nilly most women put on from three to five kilos. This often results in panic and trying out a number of diets and taking respective drugs. A visit to an individual nutritionist has become almost obligatory, although the recommended diet often goes out of the window because of the hectic life style.

It is impossible to always be on diet, because as soon as it is over, the lost kilograms double. It is truly not worth trying out radical measures in order to lose a few kilos. Instead of admiring unnatural bodies in the pages of Cosmopolitan, it is far more practical to learn to respect your own body and take its metamorphoses as they come. It does not cost anything to have an odd jog or a bike ride and it is far wiser to spend the money you save on cool fashionable clothes of a bigger size. Your panic will seem pointless in comparison to dramas that anorexic women have to deal with and remember, you will look most beautiful being yourself!

