“Growing into your future … requires a dedication to caring for yourself as if you were rare and precious, which you are, and regarding all life around you as equally so, which it is.”
~ Victoria Moran

“You are not a mistake. You are not a problem to be solved. But you won’t discover this until you are willing to stop banging your head against the wall of shaming and caging and fearing yourself.”
~ Geneen Roth

“Girls of all kinds can be beautiful — from the thin, plus-sized, short, very tall, ebony to porcelain skinned, the quirky, clumsy, shy, outgoing and all in between. It’s not easy though because many people still put beauty into a confining, narrow box…Think outside of the box…Pledge that you will look in the mirror and find the unique beauty in you.”
~ Tyra Banks

“It’s also helpful to realize that this very body that we have, that’s sitting right here right now … with its aches and its pleasures … is exactly what we need to be fully human, fully awake, fully alive.”
~ Pema Chodron

“Even the models we see in magazines wish they could look like their own images.”
~ Cheri K. Erdman

“Real beauty isn’t about symmetry or weight or makeup; it’s about looking life right in the face and seeing all its magnificence reflected in your own.”
~ Valerie Monroe

“One day I had to sit down with myself and decide that I loved myself no matter what my body looked like and what other people thought about my body. I got tired of hating myself.”
~ Gabourey Sidibe

“Each individual woman’s body demands to be accepted on its own terms.”
~ Gloria Steinem

“Everybody has a part of her body that she doesn’t like, but I’ve stopped complaining about mine because I don’t want to critique nature’s handiwork … My job is simply to allow the light to shine out of the masterpiece.”
~ Alfre Woodard

“Taking joy in living is a woman’s best cosmetic.”
~ Rosalind Russell