

## Body Image Boosting Quotes

“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