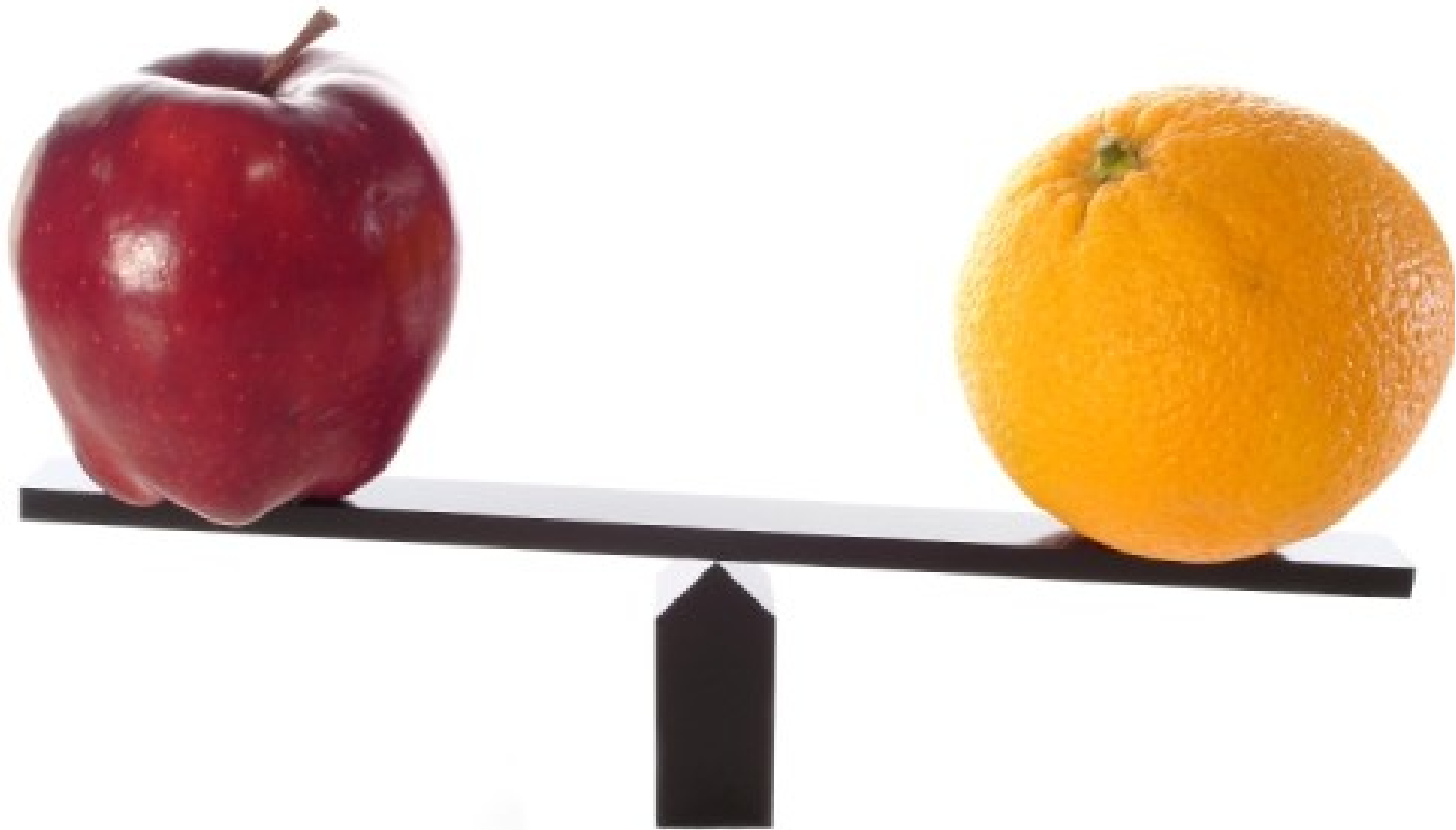
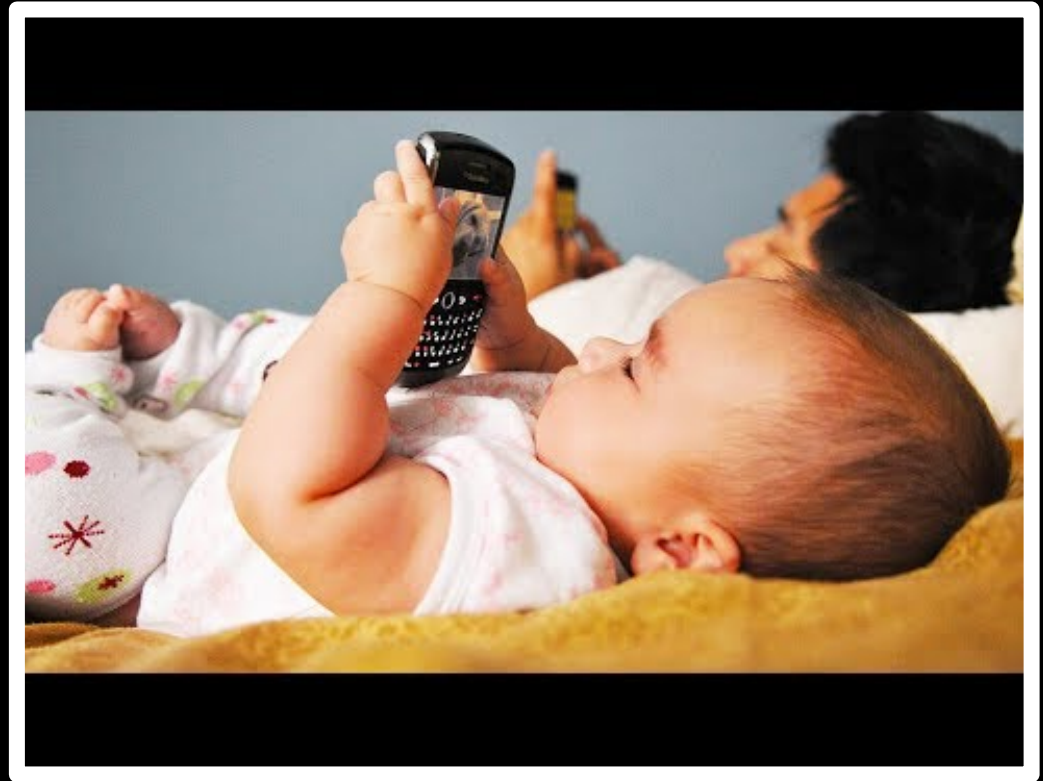


No Comparison



Comparing ourselves to others begins at a very early age. Little babies carefully observe their parents behaviors and start imitating them as early as six months old.



So much of learning in childhood comes from copying the behavior of others that comparing ourselves to others is a natural outcome.

Childhood Comparisons



**"Comparison
is the death
of joy."**

- Mark Twain

Television Comparisons







And Then Along Came Twiggy!



At age sixteen, Twiggy became the first prominent teenage model. She was named “The Face of 1966” by the *Daily Express* and voted *British Woman of the Year*.

At 5’6”, Twiggy weighed 91 pounds at the height of her modeling career.

Thinness became an obsession for millions of girls worldwide.

The illusion of physical perfection in media images can be very damaging, especially to adolescents.

In 2013, the ten highest paid models averaged 5' 10" tall and 121 pounds.

They came from Brazil, South Africa, The Netherlands, USA, China, Australia and Puerto Rico.

They were recruited from the far corners of the globe, because every country probably has only eight to ten women who fit the mold they've created!

What about the rest of us? What do we do when the fashions in the stores look better on the hangers than they do on us?





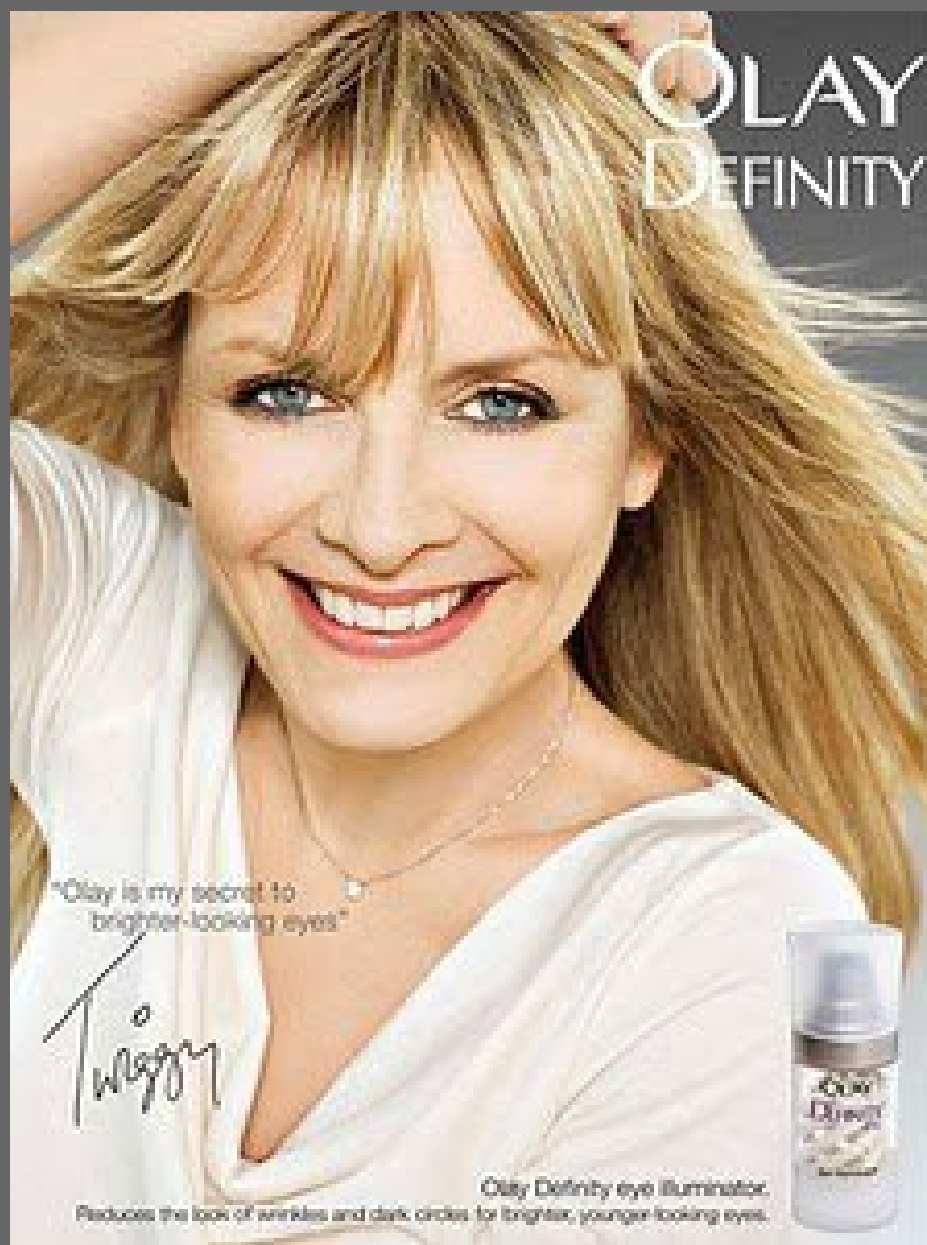
We measure ourselves against people who, in some cases, aren't even real. Photos are manipulated to create an ideal that is not humanly possible for most of us to achieve.

The website *Beauty Redefined* has a feature called *The Photoshop Phoniness: Hall of Shame Gallery*.



It shows magazine covers where photos have been digitally manipulated to make the already thin actresses and singers fit the mold of the fashion models.





Olay's misleading advertising bombards us with ageless, wrinkle-free, pore-free, glowing "older" women who have been freed from the ugliness of aging by the company's magic creams. The UK's advertising watchdog was smart enough to pull Olay's ads for being "misleading," including this eye cream ad featuring Twiggy, after hundreds of complaints were gathered in 2009.



Faith Hill on the July 2007 Redbook cover. Right arm? Suddenly appeared on the cover. Left arm? Cut down by at least 1/3 of its original size. Wrinkles, normal complexion or any other signs of life on her face? Erased



These women, who have already achieved huge success in their fields, were somehow not quite magazine cover worthy without a bit of digital magic.

Kate Winslet spoke out about her picture on the Jan. '03 British GQ cover. The article said, “Acclaimed actress Kate Winslet is notoriously beautiful and curvaceous, so it’s not surprising men’s magazine GQ would want to include her on their cover.



What IS surprising is that they removed her curves entirely, leaving extremely thin legs that bear no resemblance to her own, and a rightfully upset actress. Winslet said, “I don’t want people to think I was a hypocrite and had suddenly gone and lost 30 pounds, which is something I would never do, and more importantly, I don’t want to look like that!”

“They made my legs look quite a bit thinner. They also made me look about 6 feet tall, which I’m not – I’m 5 foot, 6 inches.”





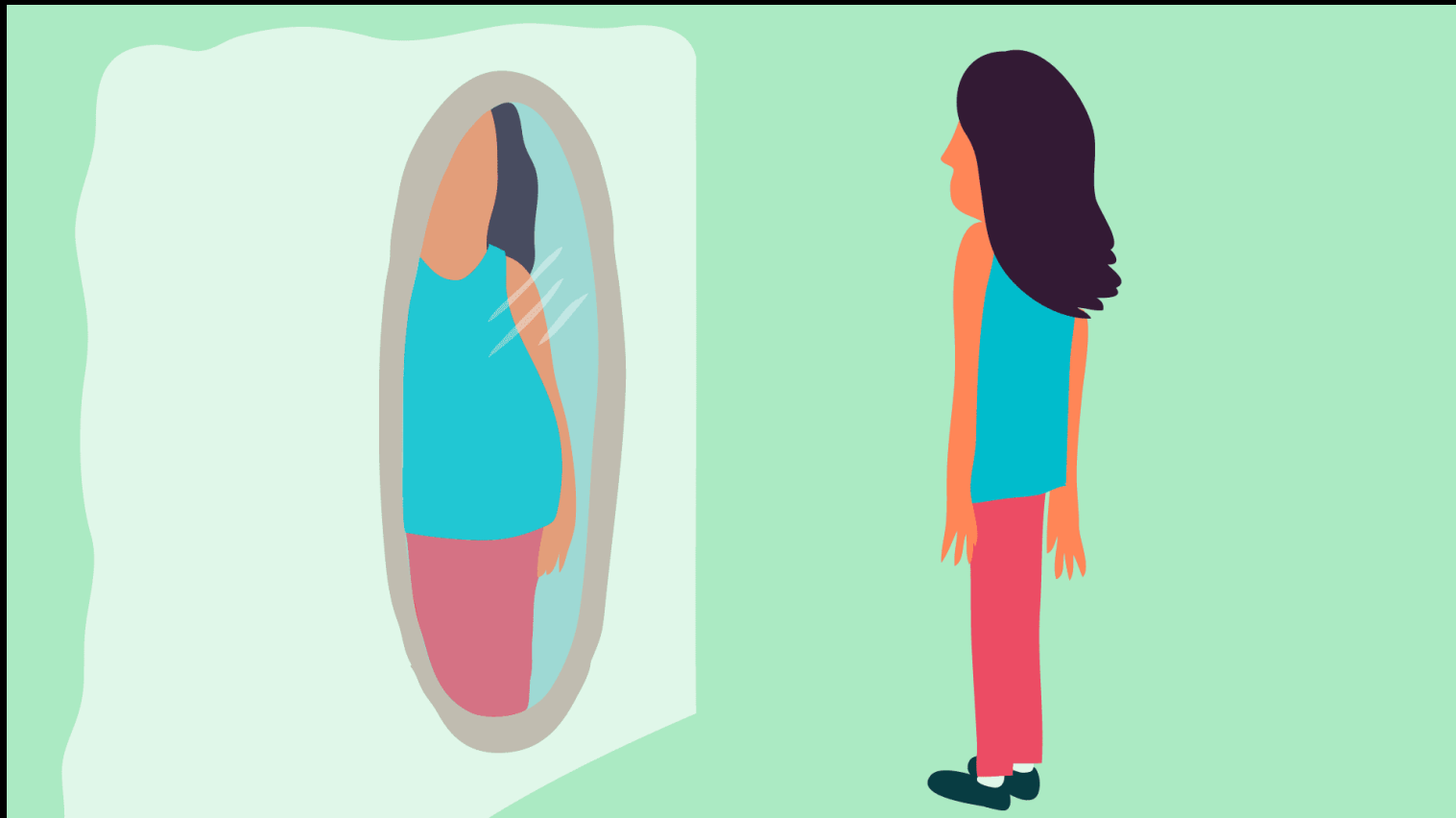
Unrealistic images of women with no freckles, no wrinkles, and sometimes no pores at all, are creating the illusion of beauty which is not actually attainable.



Their objective is to sell the product that will magically make you attractive and thereby make you loved, successful and happy. It's fake news!

They are lies, and very powerful lies.

While representations of women's bodies across the media spectrum have shrunk dramatically in the last three decades, rates of eating disorders have skyrocketed.



Perhaps even more startling is the 119 percent increase in the number of children under age 12 hospitalized due to an eating disorder between 1999 and 2006, the vast majority of whom were girls (American Academy of Pediatrics, 2010).



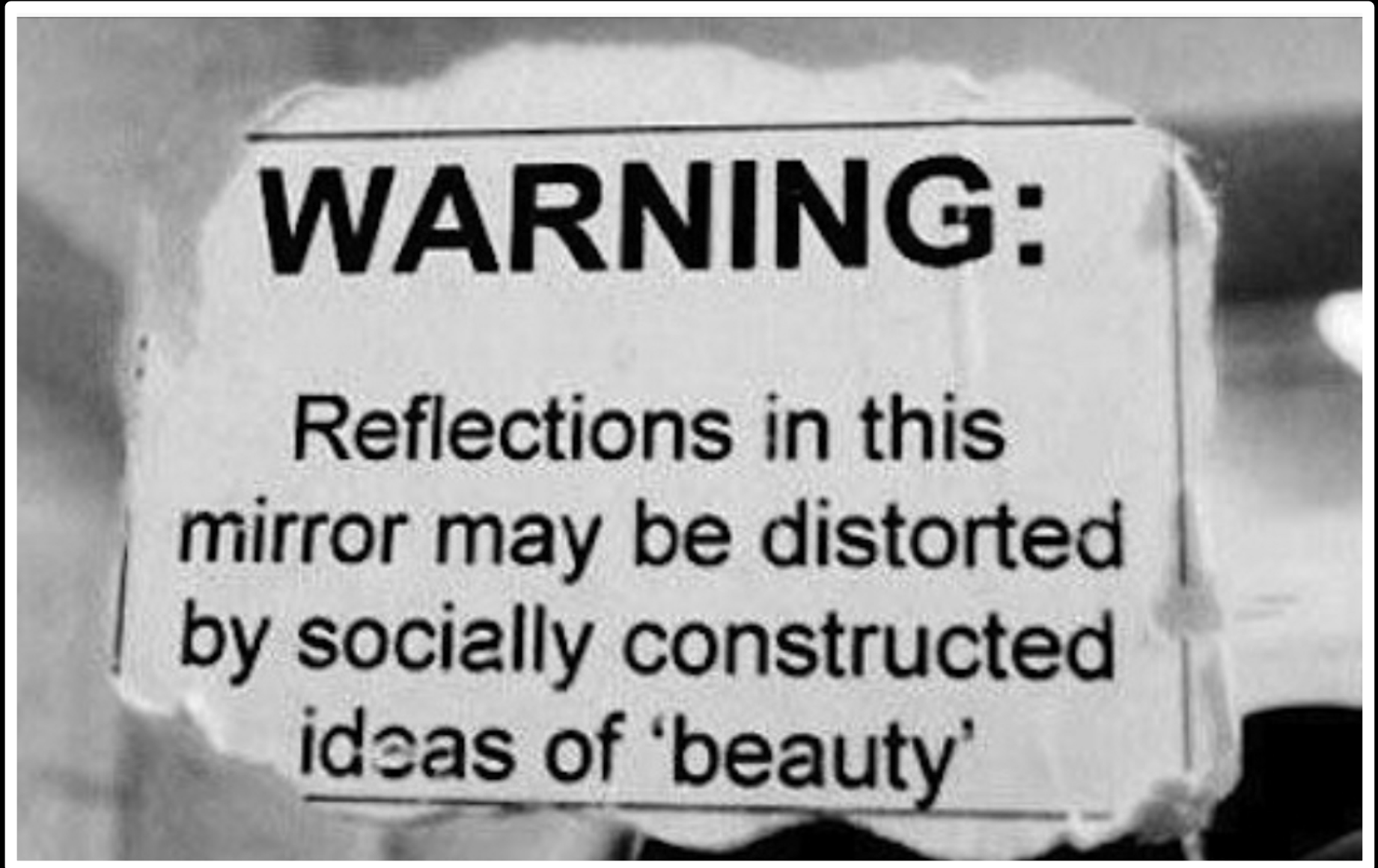
Some characteristics have been shown to influence the development of the illnesses, including low self-esteem, fear of becoming fat and being in an environment where weight and thinness were emphasized – all of which are shown to be related to media depictions of idealized bodies, which is all but inescapable. Scholars have proposed that eating disorders such as anorexia nervosa and bulimia are due, in part, to an extreme commitment to attaining the cultural body ideal as portrayed in media.

Photoshopping has taken these unreal ideals to a scary new level. Henry Farid, a Dartmouth professor of computer science who specializes in digital forensics and photo manipulation, agrees.

“The more and more we use this editing, the higher and higher the bar goes. They’re creating things that are physically impossible,” he told ABC News in August 2009. “We’re seeing really radical digital plastic surgery. It’s moving towards the Barbie doll model of what a woman should look like — big breasts, tiny waist, ridiculously long legs, elongated neck. All the body fat is removed, all the wrinkles are removed, the skin is smoothed out.”

What we see in media, and what we may be internalizing as normal or beautiful, is anything but normal or beautiful. It's fake. It's a profit-driven idea of normal and beautiful that women will spend their lives trying to achieve and men will spend their lives trying to find. But until we all learn to recognize and reject these harmful messages about what it means to look like a woman, we all lose.

It's possible that you have become your own worst enemy, your most ungracious critic.

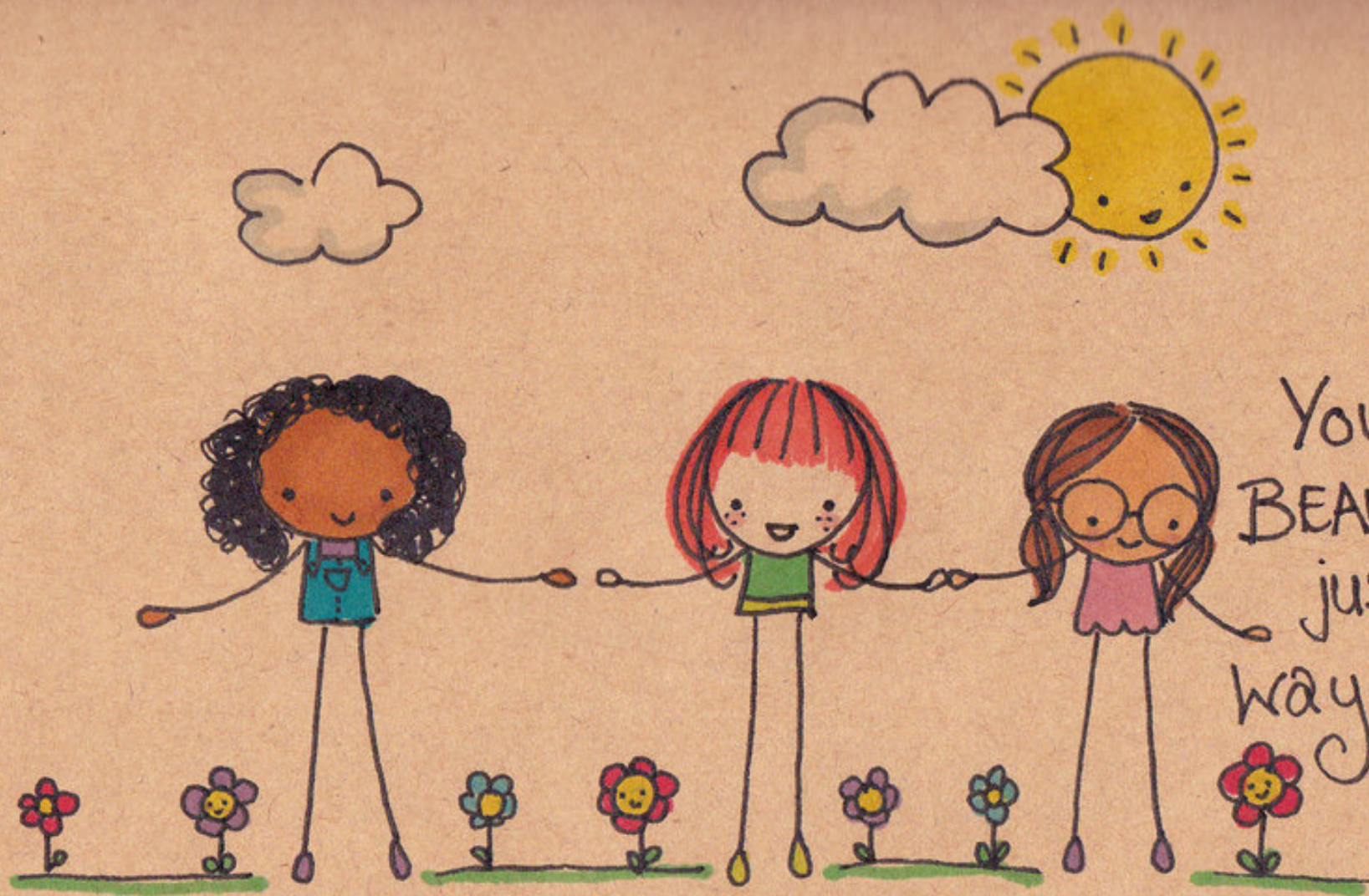


The illusion of perfection may have infiltrated your self-image, but the good news is that feelings of inferiority can be reversed.



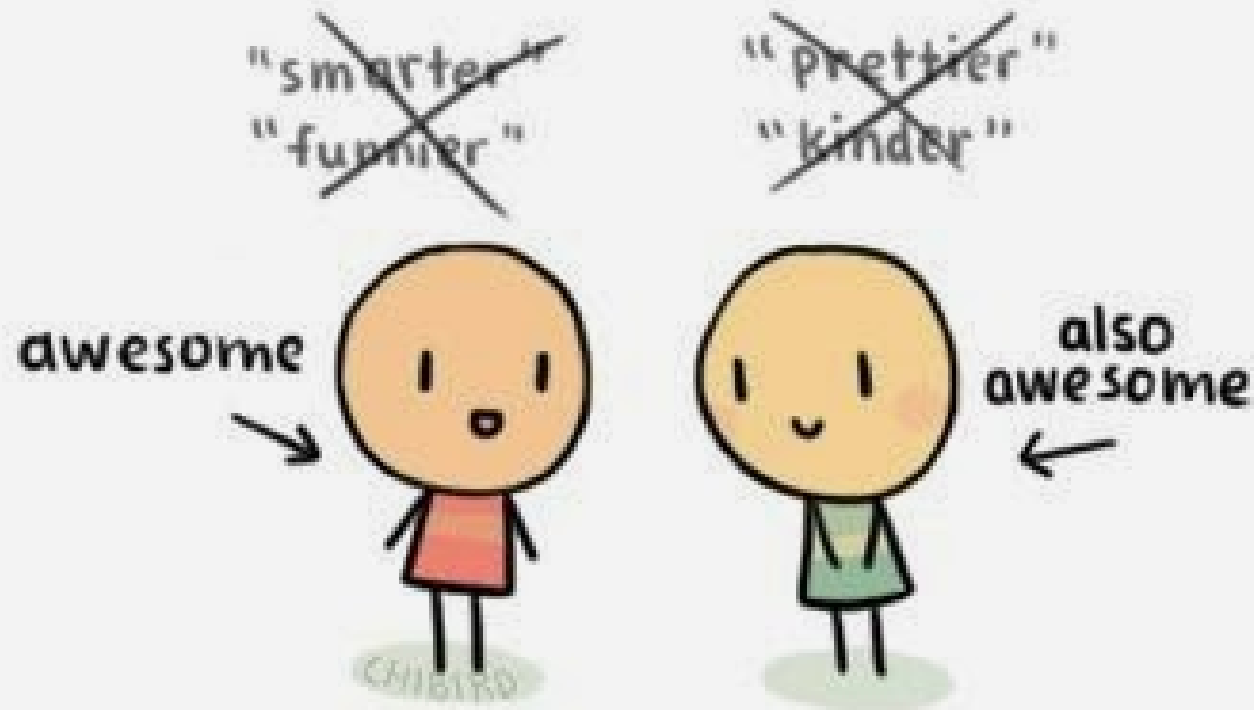
Psalm 8:4-5 tells us just how valuable we are in God's sight:

“What is man that You are mindful of him, and the son of man that You visit him? For You have made him a little lower than the angels, and You have crowned him with glory and honor.”



You are
BEAUTIFUL
just the
way you
are!

stop comparing yourself to others.



“No one can make you feel inferior without your consent.” -Eleanor Roosevelt.



NO COMPARISON

It's time to start rethinking some of the lies you may have accepted as truth, and to begin an attitude adjustment, which can liberate you from the chains of comparison.

Your body is so much more than how it looks!
Switch your focus away from the mirror, and
onto the absolute miracle of being alive in a
human body.



Here are some miraculous things
that your body is able to do.

Your brain is an amazing super-computer.
The brain can hold five times as much
information as the Encyclopedia Britannica.
Nerve impulses travel at 170 miles per hour.



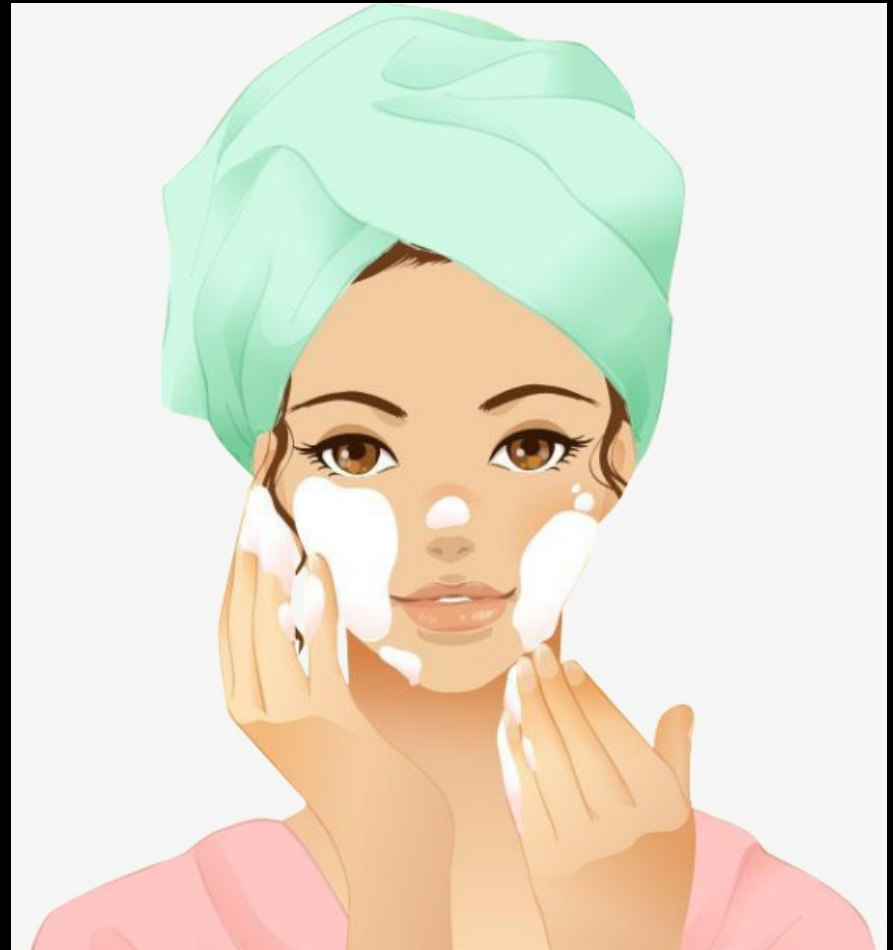
The brain is comprised
of 80% water. And it
does all this on the
same amount of power
as a 10-watt light bulb!

The human heart creates enough pressure to squirt blood 30 feet. Such pressure is needed to pump blood through 60,000 miles of veins and capillaries.

The heart pumps 6 quarts of blood, circulating three times every minute. In one day, your blood travels a total of 12,000 miles.



Each square inch of your skin includes four yards of nerve fibers, 600 pain sensors, 1300 nerve cells, 9000 nerve endings, 36 heat sensors, 75 pressure sensors, 100 sweat glands, 3 million cells, and 3 yards of blood vessels.



Your eyes alone are a study in genius!

Our eyes can distinguish up to one million color surfaces and take in more information than the largest telescope known to man.



People blink once every four seconds.

That's because eyelashes act as windshield wipers, keeping dust and grime from getting into the eye itself.

Your Reflection Does Not Define Your Worth

- Your body is not just an ornament or an object to be fixed and judged — it is an instrument to live and do and be.
- Reject messages that teach you otherwise.
- Don't compare yourself to unrealistic ideals

Your Reflection Does Not Define Your Worth

- Simply owning and treating kindly and speaking nicely about our so-called “imperfect” bodies can affect not only our own lives, but those over whom we have influence.
- It is possible to slowly but deliberately change the perception of these “flaws” from something to shame, hide and fix at any cost to something acceptable and embraceable in all their human, womanly realness.



I can hardly believe it. I'm rich!

**I have Silver in my hair,
Gold in my teeth,
Crystals in my kidney,
Sugar in my blood,
Lead in my butt,
Iron in my arteries,
and an inexhaustible
supply of natural gas!**

In 2 Corinthians 10:12 the Apostle Paul says this: “For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.”

Have A Blessed Christmas!





The End