

## EveryBODY is Beautiful

Just be yourself!

**“Don't compromise yourself. You are all you've got!”**

- Janis Joplin

Almost all of us have a distorted body image. Our culture has taught us that what lies on the 'exterior' is far more important than the 'interior'. Therefore, we are never enough and constantly try to achieve a certain weight, size or body shape.

Most of us live our lives with this silent war raging inside, continually trying to hit unrealistic benchmarks in our lives. We talk to ourselves like we NEVER would allow anyone else to. The things we say to ourselves are not nice and would do anyone irreparable harm. In fact, can you imagine speaking to a child that way? I doubt it. It's incomprehensible and almost makes you cry thinking about it. We know the profound wounding effect our words would have on the emotional and mental psyche of a child. Yet we are no different! So why do we continually do this to ourselves? Does it really motivate us to try harder? Or does it take us down a few notches and make us feel totally inadequate?

The body you have right now is miraculous! Think about how it never misses a heartbeat and performs the most complex daily functions that keep you alive everyday. It is forgiving and constantly sustaining you. It is for you not against you. It is your instrument, and through it you are able to express who you are in life. What tune is your instrument playing? Does it really express who you are and make you feel happy and fulfilled?

*Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.*

*Amy can be found on fastloop as "[ABC815](#)". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.*

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