

Total Body (Image) Makeover in Under an Hour!

The Key to Lasting Self-Confidence in Dating

By Jennifer Loch, JenMagazine.com

Today I'm going to talk about 3 keys to self-confidence:

- 1) A Baby Girl
- 2) The Wise Woman
- 3) Your Blind Date

By the end of this "Body Image Makeover" you should understand the meaning behind each of these.

A Baby Girl

Look at an adorable baby girl. If a baby girl came to you and asked "am I pretty?" what would your answer be? What if she asked "am I too fat?" or worried about some other body image concern? Write down your answer to her. Your answer to her would probably be something like mine: "You are beautiful! You are perfect and your body is a gift from Heavenly Father. Don't ever let any person (man or woman) make you believe otherwise. If you want to improve your body, just focus on taking better care of it so you can be healthy. This will help you live up to your full potential."

I think that when the Lord looks at us, he sees us like a baby. Compared to him, we are still babies. We are far from being perfect like him (I know I am, at least). But I think he sees our bodies the way we look at a baby's body- just right the way he created us.

Mentally we might know the answer to this "am I pretty?" question, but we don't always internalize it. We probably internalize the world's answer to this question.

I want you to take your answer to the baby girl's "am I pretty?" question and stick it on your mirror and internalize it yourself.

I remember being maybe 6 years old and sitting at home on the floor with my legs stretched out in front of me. I was looking at my legs and thinking they were cute and perfect. Not in a conceited way – I just loved my body. I also remember staring close into the mirror at my eyes and marveling at the little lines and different colors in the iris, and turning the light off and on to watch my pupils dilate and contract. I was amazed at my body. It didn't really occur to me to care how I looked to anyone else.

But by the time I was 13 I was wearing makeup, plucking my eyebrows, shaving my legs, coloring my hair, dressing to highlight my curves, and exercising to try to get that right body shape. What had caused this change? At that age, all of my peers had become aware of the opposite sex and were starting to have boyfriends. Many were even having sex. Everyone was trying to be more attractive than the others. I felt like I had to compete with other girls to attract a boyfriend. I had to look like the women in the music videos if any boy was ever going to like me. Whoever didn't meet the standard of beauty and fashion was falling behind socially. Whoever was unsuccessful at attracting a boyfriend with high social status would surely be unsuccessful in life. I felt that society imposed this standard and it was reinforced by everyone around me, even the adults. Even if I *was* too young to have a boyfriend, the adults around me still encouraged me to look more attractive and grown-up.

If it isn't hard enough, the standard for beauty keeps being raised. We artificially enhance beauty ever-increasingly. It has now become impossible to keep up with the best of them without multiple surgeries (mutilating your god-given gift in order to conform to the whims of men), and spending the bulk of your time and money focused on your appearance. Not only is that impractical, it is also unhealthy and a waste of your life. Do we feel different about ourselves because of this impractical standard of beauty?

A 2003 study found that exposure to a few fashion models could have a significant effect on body image ideals. College students were separated into two equal groups. One group was shown images of thin models while the other group was shown images of plus-size models. They were then asked to choose the ideal body size for women. Those who had just seen the thin models chose a thinner ideal body size than those who had just seen the plus-size models.

In both groups, women's ratings of the ideal were thinner than men's ratings.

According to a 2008 body survey in the UK magazine *Fabulous*, women claim their ideal body size is a US size 6. The men thought the ideal female body size should be a US size 10.

It was found in an earlier college study that women regularly overestimate men's preference for a thin female ideal, whereas men overestimate women's preference for a heavier and muscular male ideal. Also, most people sought a significantly thinner ideal than their current weight, no matter their age.

The media constantly reinforces idealized attractiveness and thinness. We repeatedly compare ourselves with these norms creating a distorted ideal-self. But what's interesting is studies show not everyone is equally vulnerable to the internalization of these unrealistic ideals. It's been proven that many women are able to either simply reject it, or take a more multidimensional view of the self, in which the ideal body image is assigned less importance. How can we be among those women who don't internalize the world's ideal?

Viewing your body as an object was projected upon you by Satan's design. It occurs to me that envy over the fact that we have physical bodies is probably at the heart of many of Satan's attacks. He tries in every way to lead us away from the true purpose of our bodies. Our bodies are a gift from God, and a precious vessel for our spirits. We have been given God's own power of creation, in the form of procreation. Satan targets the body. Think about how most vices center on abuse of the body or abuse of our power of procreation...

Satan targets the body:

- Alcohol Abuse
- Drug Abuse
- Gluttony
- Eating Disorders
- Self-Mutilation such as Cutting, Hair-pulling, Cosmetic Surgery (Yes, cosmetic surgery can be considered self-mutilation.)
- What I call Human Idolization and Body Bashing (More on this in a second.)
- Suicide
- Sexual Abuse
- Sex Outside of Marriage/Casual Sex
- Pornography
- Homosexuality

He uses any way he can to confuse us and skew our idea of our bodies and the purpose of our bodies.

Human Idolization

We may casually say that we idolize certain models or celebrities. There is even a popular show called "American Idol". But do we realize that this *is* idolatry as talked about in the scriptures? It's almost like we worship these people and the ideal life they represent to us. If we idolize/worship celebrities then we're pulling ourselves away from worshipping God, because he said it isn't possible to serve two masters. "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon." (Matthew 6:24) It's really true- if we worship the world's

ideal, then we *will* hate the Lord's teachings on modesty and virtue. I often felt this way when I was in high school. I had embraced the world's ideal to the point that I hated modesty and the way the "For the Strength of Youth" pamphlet told me I should dress. Conversely, if we embrace the Lord's teachings on modesty and virtue, we will find ourselves hating the world's ideal. As I have become more spiritually mature, I've found myself hating the way the world's ideal lies to us, distorting our ideas of femininity, love, sexuality and value. I hate the worldly ideal because of the way it hurts the lives of innocent people who buy into it.

Body Bashing

My husband showed me this website he found (iwanexstudio.com) which shows that even the celebrities don't look like themselves! This company does professional photo retouching for magazines, magazine covers, advertisements, etc. and they have an online portfolio showing some of their work on celebrity and model photos. Just look at some of the before and afters!

We feel worse about ourselves because we think the images we see in magazines are real. It wasn't until I learned how to edit pictures with Photoshop in my early 20's that I began to recognize all the obvious Photoshopping in magazines and on magazine covers. Some of it is so ridiculous, but you don't notice it until you know what to look for (if you don't see pores and the natural texture of the skin, it's been Photoshopped). You just think: wow, how is her skin so flawless, and how does her armpit look so pre-pubescent? I mention the armpit because one time at a supermarket checkout I saw Britney Spears on the cover of a magazine and her arm was up in a sexy pose behind her head and her armpit was showing. The armpit was so obviously Photoshopped to remove the "shadow" you get from stubble even if you just shaved... they didn't do a very good job of making it look natural. But that's coming from a trained eye. It was a good enough job to be approved for the cover of a national magazine so I guess the average person doesn't notice. The average person has no idea that these ideals they're chasing aren't even real—each magazine photo could be around 50% computer-generated. CGI! Are you comparing yourself to computer generated images or CGI? It's silly.

When we idolize the images of celebrity bodies on TV and in magazines, we compare ourselves to them and bash our own bodies because we don't look the way they do. Let me ask you a question: Is it a sin to think negatively about our bodies? In a way, I think it probably is because we're not being grateful for the precious gift we have been given. "Don't look a gift horse in the mouth" as they say! I've heard this saying many times before- it means not to criticize or feel doubt about something good that has been offered to you. I wondered where the saying came from so I looked it up. It's actually a very old saying based on the fact that a horse's value is determined by his age, which, in turn, can be roughly determined by an examination of his teeth. The message conveyed is that a gift should be appreciated. We shouldn't be ungrateful and rude to someone who gives us a gift by thinking it isn't good enough.

Imagine our Heavenly Father sending us off to be born. He says “You have a wonderful body prepared for you, and you have all of your talents and spiritual gifts, and you’ve been prepped with what your earthly mission is. OK good luck- I know you’ll do well!” And your Father sends you off full of hope and excitement. Has the world succeeded in leading you off-track through Human Idolization and Body Bashing?

Key #1 A Baby Girl: See yourself the way the Lord sees you.

The Wise Woman

The more we focus on the way we look, the more “self-conscious” we become. Our body image is actually the lowest when we are most focused on our outward appearance. We worry more about imperfections and constantly check the mirror and fix our clothes.

We all want to reach physical perfection. If we reach that goal we’ll finally be happy.... am I right? But what happens when we look in the mirror and decide we *do* look perfect? We’ve finally achieved the perfect look! Then our confidence should be high and solid-- nothing should stop us then, or so we think. Actually, our confidence might feel high when we think we look good, but it’s a false sense of self-esteem. It is a very shaky foundation for our self-esteem.

See, if a more attractive girl walks into the room, we will suddenly lose the basis for our worth and our self-esteem will come crashing down.

One off-handed comment from someone about our appearance and our self-esteem will come crashing down.

If we’re having a bad skin day or a bad fashion day our self-esteem will come crashing down.

And certainly as we get older and start to notice wrinkles and physical aging our self-esteem will come crashing down.

Some of the most beautiful people in the world actually have the most devastatingly low self-esteems because they base their worth on their appearance.

So what if we base our self-esteem on something else?

Base it on talent? Someone else is always better.

Base it on money? It will never be enough.

Base it on having a lot of stuff? We’ll spend all our money and still not be fulfilled.

If we were famous we could base it on fame... until all the rude tabloid gossip makes us feel crushed.

There will always be someone to one-up you. There will always be something to make you feel bad.

But our minds really seek for and need something to grab hold of to determine our worth. Our minds want to know: WHY are we worthy and important?

When looking for this validation, we think of our talents and attributes and base our self-esteem on one or two notable things we think will impress other people.

Ask yourself: What do you pride yourself on? What do you base your self-esteem on? Is it based on what others think about you? For instance, if you pride yourself on being very talented, is your pride based on the internal satisfaction you get from the talent or from the external attention and acclaim you hope to get from the talent? If you pride yourself on having money, is it the money that satisfies you, or is it the attention and prestige you hope to get from other people because of the money?

See, no matter how much we believe our self-esteem is grounded in our own sense of self, *if based on something worldly*, it is probably at its core really based on the attention or approval we receive from others. It's based on what others think! And that is something we have no control over. That's why it's such a dangerous, shaky foundation for our self-esteem.

So what *should* you base your self-esteem on? It can only be based in Christ and in God's love for you and his plan for you. It has to be based on your *eternal worth*.

See, we're all thirsty for something that we can't quite put our finger on. We're mainly thirsting to feel joy... to feel filled up emotionally and spiritually. We try to drink the world's water to quench our thirst. We think if only we were prettier we would be happier. If only we had more money. We might try shopping. If only we had this or that, we would be happy. We try all these things to make people like us more. We think the approval of others will fill us up and quench our thirst. The water of the world always leaves us more thirsty. For example, I have a lot of nice clothes and shoes, and even many new clothes and shoes I've never worn... but it never seems to be enough! I always think I just need a few more outfits, one more pair of shoes... It's almost like an alcoholic thinking if they can just get one more drink they'll be done and they won't need to drink again. Instead, the more they get, the more addicted they become and the more they want. If I had 100 more pairs of shoes, I'd probably be even less satisfied than I am now. More thirsty. (Notice that the underlying motivation behind the clothes and shoes is to get attention or approval from others which goes back to caring what other people think.)

As Christ told the woman of Samaria, He can give us living water. "Whosoever drinketh of this [world's] water shall thirst again: But whosoever drinketh of the water that I shall give him shall

never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.” (John 4:13-14)

His living water gives us the joy we are all thirsting for. We can never find lasting joy from worldly things. We’ll also never be able to attain true and lasting self-esteem when it is based on worldly things. If we can base our self-esteem on eternal things, we will stop thirsting because we will have found real joy and true self-esteem.

We all sang The Wise Man and the Foolish Man when we were young, but did you know it applies to self-esteem? If we can base our self-esteem on The Rock of Jesus Christ, it won’t come crashing down when the rain comes.

The Wise Woman: The wise woman bases her self-esteem on the rock.

If a more attractive girl walks into the room? Our self-esteem is solid.

We hear an off-handed comment from someone about our appearance? Our self-esteem is solid.

If we’re having a bad skin day or a bad fashion day, our self-esteem is solid.

And certainly as we get older and start to notice wrinkles and physical aging, our self-esteem stays solid.

When your self-esteem is based on what others think you have no control over it. When based on eternal things your self-esteem is safe and solid.

Even if we feel like people are pointing fingers and mocking us from the great and spacious building like in Lehi’s dream, we’ll know we’ve found this true and lasting self-confidence when we don’t care what they think. We hold true to our faith without feeling ashamed because our self-esteem isn’t based on what others think.

Key #2 The Wise Woman: Build your self-esteem upon the rock.

Your Blind Date

I know this guy I think you’ll like. I’m gonna set you up on a blind date right now. So close your eyes and imagine that you walk into a restaurant and sit across the table from an average-looking guy. He says “Sorry I look bad tonight. I know I look horrible! My hair looks stupid and I need to get some new clothes.” He pulls out a mirror- “And my skin looks so bad- just don’t look at me.” So he keeps looking down and away from you. You say “I think you look fine and your clothes look great!” and he says “No, you’re lying. I look awful and you’re just saying that because you feel obligated. You probably just feel sorry for me.” So you try to change the

subject say “Well hey- why don’t we go do something fun?” He says “I can’t go anywhere looking like this. I don’t want anyone to see me. I know you don’t like me anyway so just go without me.”

First of all, didn’t you feel kind of like you were being pushed away? I’d feel blocked out by this person who just wants to sit there and wallow in self-pity. And how attractive would this be? To me it would be a turn-off. I would think: this guy has issues. And I wouldn’t be enjoying myself- I would be bored. In fact, I would feel like he was an emotional black hole sucking all of my positive energy and giving nothing in return.

But I know I’ve acted that way around guys in the past and I still do it sometimes with my husband. We act this way when we’re battling self-esteem issues and crying out to be loved and accepted despite our imperfections. We’re trying to ask for compliments and reassurance, but to the other person it comes across as selfish and self-absorbed. Most importantly, it’s unattractive and annoying. When we focus on our own imperfections, we shut other people out and it is not a positive experience for them. They do become less attracted to us, and it’s not for the reasons we were focused on; it’s because of where our focus lies: on ourselves. Focusing on ourselves makes us less attractive.

So what should we focus on to be more attractive? We should focus on others! This is the key to attracting others!

See when we first start dating someone and we think we’ve “fallen in love,” we’ve really become infatuated with them. If the relationship goes right then that infatuation leads to real and lasting love.

While we’re infatuated we haven’t really gotten to know the person well enough to fully love them. But we feel like we love them. We know that we love being around them. We’re not as much in love with them as we are in love with the way we feel when we’re around them. We become addicted to that feeling we get when we’re with them: we feel important, fun and wanted.

So if you’re trying to attract someone, how can you make them fall in love with you? You can make them feel good by focusing on *them*.

Ways to focus on *them*:

- Ask them questions and let them talk about themselves.
- Compliment them. (Don’t focus too much on physical compliments which can seem superficial.)

- Thank them more for things they do.
- Ask their opinion.
- Have them teach you about an activity or interest that they enjoy.

See, focusing on them will make you ten times more attractive **to them** than any change you can make in your physical appearance. Most of the time guys don't notice little changes in your appearance anyway.

Focusing on them is so helpful if you're shy or not good at making conversation. All you have to do is ask a few questions and let them talk about themselves.

Many guys are shy or afraid of rejection so they won't ask you out if they think you aren't interested. Though it works in some cases, playing "hard to get" can make it *hard* for you *to get* a date if the guy you have your eye on has reason to think you don't like him. Showing this interest in him will let him know you are interested, without being too forward or flirty.

Oh, remember that blind date I set you up on? I'm sorry! I accidentally set you up with the wrong guy. See, they're twins so it's easy to mix them up. Yeah, that one was the weird one... I meant to set you up with his identical twin brother. You'll like him. So you're going on a date right now! Close your eyes and imagine that you walk into a restaurant and sit across the table from an average-looking guy. He says "Hey, thanks for coming! I'm excited to finally meet you. Wow- I love your style! So why did you choose the major you chose? Jen told me about how talented and smart you are. I really admire that. What other hobbies do you have? I'd like to learn more about that... maybe you could show me sometime? Hey- I just finished reading a really interesting book and I wanted to get your opinion on it. I planned something fun for us to do after this if you're interested." Now this guy hasn't told you anything about himself so far, but you probably already like him because of the way he focuses on you.

Notice how he did these things:

- Ask them questions and let them talk about themselves.
- Compliment them. (Don't focus too much on physical compliments which can seem superficial.)
- Thank them more for things they do.
- Ask their opinion.

- Have them teach you about an activity or interest that they enjoy.

Let's do another experiment. Here's an average-looking woman. When you first see her you might quickly assess her physical appearance to decide what she's all about. You have nothing else to go on but appearance.

Once you get to know her, however, your perspective will change based on how you feel about her. If you found her to be a really nice person and she ended up becoming your best friend, she would probably appear more attractive to you. If you found her to be a despicable person or she became your enemy she would probably appear less attractive to you-- maybe even ugly. Our minds tend to accentuate the beauty in people we like, and accentuate the unattractive features in people we don't like.

See, we focus **so** much on looks, but looks are only a small part of what makes up our overall attractiveness!

So yes, do what you can to look your best. But when you've finished getting ready and you walk out of that bathroom door, don't look back. Leave thoughts about your appearance behind and focus on others instead of yourself. Not only will this make you more attractive to others, it will also raise your self-confidence. You'll be less "self-conscious" because you'll be less conscious of yourself and more conscious of others! You'll attract more girl and guy friends. Best of all, you will become more Christ-like, and then you'll have that glow in your eyes that lights up your face and lights up the room.

I have a 10-month old daughter and a 3-year old son. When I look into the smiling faces of my toddler and baby, of course every mother thinks their children are adorable... but I also see past their outward appearance and see the glow in their eyes – it is their innocent spirits shining through. The innocence and light shining in their eyes is what makes them beautiful. That kind of light lights up the room when you walk in, and it attracts people to you. You can have that beauty too, and counter-intuitively, it comes from not worrying about the way you look!

Key #3 Your Blind Date: Focus away from yourself and on others.

Shifting your focus in a counter-intuitive way can solve a multitude of problems. For instance, many girls have mentioned to me they have a problem with acne. Acne can worsen by leaps and bounds as we focus more attention on our skin and start to pick at it, causing redness, irritation and possibly scabbing and scarring. What began as a small almost imperceptible pink spot then becomes an eye-sore. Then we try to cover it with pore-clogging or skin-irritating makeup.

While the acne might not go away completely, focusing away from our appearance helps immensely with this problem: no more focus at the mirror and on the skin, and the skin is allowed to heal the way it was meant to, with minimal irritation and scarring. If you feel like you need to be actively doing something to get rid of the acne, put your focus on the things you can control, like: drinking more water, eating healthy foods, taking vitamins, or finding a cleanser or makeup that will be better for your skin. Get active doing *these* things when you're tempted to get sucked into the mirror and pick at your skin.

What about the problem many people have with weight? Genes play a huge role in the way our bodies process food, and there is often little we can do to change our body types. We can do some things to improve upon our body type, but we will never have someone else's body type. Many people are so unhappy with the way they look that they become almost obsessed with losing weight. With this problem I think that focus, again, can be a key factor. I'm lucky with the body type I inherited that weight has never been a major issue for me.

My husband struggles with his weight. He has the type of body that will probably never be thin. Even when he was exercising and dieting as much as is humanly possible he wasn't thin. He's always going on and off of diets. A couple of times in the past I felt like I could lose some weight too so I decided to diet with him to support him. The main thing that struck me when I was trying to diet was how obsessed I became with food while dieting.

You know, it's human nature: we want what we can't have. As soon as something becomes scarce, or we feel deprived of it, we want it so much more. I felt hungry most of the day and I couldn't get my mind off of food. All I thought about was when I could eat next and what it would be. I would fantasize about cravings like chocolate cake and other sweets. To make sure I was following the diet I had to focus much more than normal on food and what I was eating, and that focus on food seemed to magnify my cravings and hunger.

It became so clear to me how a person who struggles with their weight could gain more weight as they become focused on dieting. The desire for food becomes greater, and eventually you give in to one temptation and go on a binge... because you've created this scarcity mentality when it comes to food. You think: "this might be the last time I ever eat brownies! So I'd better eat them all!" Whereas another person might eat one or two brownies and be done with it because they know there's more where that came from and they can have them whenever they want. So dieting can create binges. It's a vicious cycle.

Dieting didn't work for me. Instead, I tried to learn as much as I could about health and make healthier choices with what I ate. Now I don't restrict how much I eat. If I'm hungry, I eat. If I'm craving pizza, I try to pick pizza that has a lot of vegetable toppings, or has a whole-wheat crust.

Instead of fantasizing about junk foods, I read about all the nasty things these foods can do to your body. What actually happens when refined sugars, hydrogenated oils, and other junky ingredients enter your body, and why are they bad for you? Are our bodies being starved of certain necessary nutrients because our poor food choices? After learning more about health, many junk foods that were previously temptations have become unappetizing to me. I still eat salty snacks and sweets but I try to pick ones that are a little healthier and make sure I eat plenty of healthy food before I indulge.

I also try to notice if I'm eating after I'm full. If so, why? Is it just because it tastes so good? Many snack foods, especially chips, have an addictive flavor because of flavor enhancers such as monosodium glutamate or yeast extract that are added. Am I eating just because I'm in the kitchen with a bunch of food in front of me? Am I actually bored, tired or procrastinating doing something I know I should be doing?

Many times I eat because my body is bored while watching TV or a movie. We do this because our brain is being entertained but our body is just sitting there, so it gets fidgety. It becomes a habit for many of us to eat snacks while watching a movie, because this is always done at the movie theatres. When I find myself doing this and I'm not even hungry, I try to put the food down and switch to exercising, stretching or doing something productive like folding laundry, knitting, working on a craft, etc. while watching the movie instead of eating.

I'm a creative type and I like to work on projects and create things. When I'm in the middle of a project I become almost obsessively focused on whatever it is. Sometimes I even forget to eat for half the day because I'm so engrossed. Once I realize I'm really hungry and haven't eaten, I go and wolf something down so I can get back to my project. Maybe this isn't the healthiest way to eat, but it illustrates my point: When we're not focused on food, we think of it more as a source of fuel instead of a source of pleasure.

Remember being a kid and being upset that you had to leave your play because Mom was calling you to dinner? If it was between a video game and food, most of us would have chosen the game. On Christmas you were so excited about playing with your gifts – did you even think about Christmas dinner? So go get involved in something you are passionate about. Focus away from yourself. Focus away from food.

It's important to remember to modify your behavior with the focus on your health, not on changing your looks.

If that baby girl we talked about before asked me if she could have ice cream for dinner, I would tell her no. What's my motivation for saying no? Is it because I'm afraid that she'll get fat? No, that's the farthest thing from my mind! I'm saying no because it's not healthy for her. I know

she could get sick eating that way and someone needs to teach her how to take good care of herself.

Let's contrast this focus on health and taking care of ourselves with how the fashion industry focuses solely on looks: In June of 2009, Alexandra Shulman, the editor of British Vogue (the fashion magazine) accused some of the world's leading catwalk designers of forcing magazines to hire dangerously thin models despite widespread concern over teenage anorexia.

Shulman, one of the most important figures in the multi-billion dollar fashion industry, has taken on all the largest fashion houses claiming the clothes they make have become "substantially smaller".

In a strongly worded letter, the Vogue editor accused designers of making magazines hire models with "jutting bones and no breasts or hips" by supplying them with "minuscule" garments for their photo shoots.

Vogue, she said, is now frequently retouching photographs to make models look larger.

The letter, which was sent to the likes of Karl Lagerfeld, John Galliano, Prada and Versace, said: "We have now reached the point where many of the sample sizes don't comfortably fit the established star models."

Her intervention has been hailed as a turning point in the debate over model size that has raged after the deaths of three models from complications relating to malnutrition!

I wonder what those dead girls could have done with their lives if they had not been sucked in by the world of modeling and fashion. What a waste of lives! What would our Heavenly father think about this? Remember our vision of him sending us off to be born full of hope and excitement?

Let's remember the true purpose of our bodies and our words of advice for that baby girl: "You are beautiful! You are perfect and your body is a gift from Heavenly Father. Don't ever let any person (man or woman) make you believe otherwise. If you want to improve your body, just focus on taking better care of it so you can be healthy. This will help you live up to your full potential."

This brings us back to our three keys:

A Baby Girl: See yourself the way the Lord sees you.

The Wise Woman: Build your self-esteem upon the rock.

Your Blind Date: Focus away from yourself and on others.

These 3 keys to correct body image will help you live up to your full potential as a daughter of God... and be successful in your relationships and in life.