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**You don't owe  
anyone beauty.  
You don't have  
to be beautiful.  
Now - let that  
sink in. Don't  
you feel free?**

“

**Beauty is just  
a meaningless  
thing defined  
by how well  
your genes  
match your  
magazines.**

“

**Expand your  
definition of  
beauty till you  
fit inside.**

“

**Your face is  
not your  
masterpiece.**

**Your life is.**

“

**Do you want to  
be eye candy  
or soul food?**

“

**You are  
imperfect,  
permanently  
and inevitably  
flawed. And  
you are  
beautiful.**

- Amy Bloom

“

**When did creating a flawless facade become a more vital goal than learning to love the person who lives inside your skin? The outside belongs to others. Only you should decide for you - what is perfect.**

- Ellen Hopkins

“

**You can look  
any damn way  
you please. It's  
your world -  
others just live  
in it.**



“

**I'm beautiful  
to the one  
person who  
matters.**

**I'm beautiful  
to me.**

“

**Beauty  
is a  
myth.**

...

**Now what?**

“

**Real beauty, the interesting, truly pleasing kind, is about honoring the beauty within you and without you. It's about knowing that someone else's definition of pretty has no hold over you.**

- Golda Poretsky

“

**It's never been true,  
not anywhere at any  
time, that the value  
of a soul, of a human  
spirit, is dependent  
on how poreless a  
complexion is.**

-Geneen Roth (modified)

“

**It's my choice to be  
beautiful. It's my  
choice to be ugly.  
And it's my choice  
to decide what  
those words actually  
mean.**

-Virginia Petrucci



**I am so beautiful, sometimes people weep when they see me. And it has nothing to do with what I look like really, it is just that I gave myself the power to say that I am beautiful, and if I could do that, maybe there is hope for them too. And the great divide between the beautiful and the ugly will cease to be. Because we are all what we choose.**

-Margaret Cho

“

**Being comfortable in  
your own skin is the  
spirit of rock-and-  
roll and, really, the  
spirit of cool.**

-A.D. Aliwat

“

**Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, “Who am I to be brilliant, gorgeous, talented, fabulous?” Actually, who are you not to be?**

-Marianne Williamson



“

**live MORE,  
obsess over  
your skin  
LESS.**



**I know that whenever there is any dissatisfaction with the body or with the skin, we keep waiting to live. We wait to buy expensive clothes until we have the body to show them off. We wait to sign up for a dating site till our skin has cleared. We wait to apply for a new job till we think we “look” the part - more beautiful, more glamorous, etc.**

**Fuck that. You have only one life and it is speeding by. You need to live life fully now, regardless of what your skin is up to. Your skin is not the boss - you are.**