



## Mirror Madness

*Rafael perez*

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## **Mirror Madness** Rafael perez

Dear Friend, Body image is the representation we produce of what we think we look like; it might or may not bear a close relation to how other people really see us. That is, they are subject to all sorts of distortion from inner elements like our emotions, moods, early experiences, mental attitudes of our parents, and much more. Is your bad body image making your life difficult... maybe even miserable? Does it seem like you've tried everything in your power to control it, and yet, despite your best intentions, you're still plagued with:

- Not knowing how to love yourself
- Not understanding even where to start with not doing comparisons
- Not knowing the true dangers of bad body image

If this describes you, help has arrived... First, you are NOT alone! It may seem like it sometimes, but having a bad body image is far more common than you'd think. I ought to know, because I've battled with body image myself...

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#### **Sandra Vincent:**

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the book untitled Mirror Madness can be fine book to read. May be it might be best activity to you.

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