

Why You Don't Need the Perfect Body



By Lisa Moore

Many women obsess about having the ideal body, model looks and flawless hair. In fact, one survey suggests that 66 percent of women are so unhappy with their bodies that, despite the recent recession, they would spend money to achieve a perfect look. 90% of the 3,000 women questioned said their bodies depressed them, and 75% of women think about their shape and size every day. Gill Todd, a clinical nurse specialist at Bethlem Royal Hospital in South London, says that women are getting the message that they need to be thin in order to be happy and successful, especially in the romance area. It seems like women hate their bodies.

The question is, why should they? Why do women want these “perfect” bodies? Here are some misconceptions that put unneeded stresses on a female’s relationships and keep her from loving who she is:

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1. There is only one acceptable body type.

One beauty website invited shoppers to select their favorite famous body parts, and then combined the results to create the ultimate celebrity. This pseudo-celebrity ended up as a combination of Kate Middleton’s hair, Cheryl Cole’s eyes, Keira Knightley’s cheekbones and Gwyneth Paltrow’s chin. Her eyebrows were shaped like Megan Fox’s, she had Kate Beckinsale’s nose, Angelina Jolie’s lips and the chest of Kelly Brook.

The fact is, there isn’t a single body type that is perfectly appealing. Think about it: The fact that two opposite procedures, breast augmentation and breast reduction, are just as popular is concerning, as it supports the idea that it’s impossible to have universally “acceptable” breasts. So, why try?

2. Thinner is always better.

Though society often seems to think that being incredibly skinny is the perfect choice, an Australian study revealed that a man’s ideal female shape was represented by those of average women, not by supermodels. One woman explained that men can’t help loving women who have curves. They’re genetically drawn to rounded women, because curves signal a woman who will successfully conceive, carry and then nurture a man’s offspring. It’s a sign of fertility.

And, she adds, who can blame guys for loving curves? They’re more comfortable than being poked by sharp elbows and holding

a set of ribs.

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3. Cosmetic surgery will please your partner.

Almost two-thirds of women believe that their love lives would be better if they had better looking body parts. Similarly, many women believe that cosmetic surgery will make their partners happy. A 42-year-old book-keeper stated that she probably would not have had a breast enhancement if it hadn't been for her man. She said that he wasn't as much in love with her as she was with him. Surgery might help, she thought. Did it, though? What do men really like?

The truth is, guys find a too-perfect look boring. A gap-toothed smile like Georgia May Jagger's, or Alexa Chung's style of messy hair can actually serve to keep up your man's interest level. Many women also overlook the fact that men appreciate beauty in their hair, eyes, skin, neck curves and even belly buttons. Chances are that your man already loves how you look. You should, too.

So relax, ladies, and realize that the natural you is more enchanting to your man than a frazzled you that's stressed over your parts. Love who you are, and your man will too.

Lisa Moore, senior editor of Interactive Service Group, has written several articles focusing on women, body image and parenting issues. Her articles have appeared on number of sites including HerExtra.com, ProfessorsHouse.com, and Eurweb.com.