

I wonder if I am the only one in my 40's to join this site, but when I heard about it I was very excited because for many years I did not like myself at all. How I wish there was a sight like this when I was younger.. I was always trying to improve myself somehow, somehow. I was NEVER pretty enough.. I would look in the mirror and I thought I had a big nose. I am naturally dark brown hair, with brown eyes, but I would color my hair blond, then week later go back brown, I did this constantly, until my hair was so damaged I had to cut it all off!! I always wanted to look like someone else. Then I was really depressed! I was too skinny, and I had psoriasis on my arms and legs, and anybody with psoriasis can understand how hard it is to feel pretty. It took me a long time to accept myself, and to stop looking in magazines and comparing myself to everyone else. The more I was unhappy with myself the uglier I became- you need to look in that mirror and LOVE who is looking back at you!. I needed to accept me, and once that happened I glowed with beauty beyond words! I love who I am today, nobody can be me. God made me Perfect and God made YOU PERFECT! I hope I can help anybody out there, please don't wait till your in your 40's to love yourself, and if you are in your 40's ,50's,60's it's never to late.

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