

As much as women try to be confident and satisfied with themselves, there is too much pressure to look a certain way. Women find it difficult to be happy with their own beauty when they constantly have to compare themselves to the unrealistic beauty standards seen everywhere in the media. The world is infected with makeup advertisements promising a flawless face, diet commercials guaranteeing the perfect body, and magazines displaying gorgeous models. But women spend too much time trying to reach society's beauty standards and not enough time learning self-love and acceptance.