

“Let's face it. The pressure to have a perfect body is enormous in our society. Airbrushed and digitally manipulated photos of stick-thin models bombard us daily and reinforce one specific portrayal of “ideal” beauty. The problem is, most of us are just not built like those who grace the covers of magazines.

Still, so many of us fall into the trap of wishing our bodies looked different, and actually getting to the point of hating our bodies. **Sadly, we buy into the idea that there is a “perfect” body out there somewhere and we are defective and worthless if we don't have it.**

Hating your body, and not accepting it as it is, makes for a tortuous and unhappy life and can lead to a variety of unhealthy behaviors, up to and including full-blown [eating disorders](#).

But is there a way to make peace with yourself and love your body right now, just as it is? In this article we will discuss 4 methods for how to accept the body you have.

Number One: Stop Comparing Yourself to Others

It seems like simple advice, but if you really take this on, you can greatly impact the way you feel about yourself and your body. One of the biggest sources of discontent with our bodies is comparison to others. Stop it!”

I was surprised to read a mail from Julien yesterday, who brought this site to my notice. He found that many of our visitors, who come to my website, in search of new recipes, and have a good meal, may need to be aware of some facts, of what happens if we go out of line. Here is a website, dealing with EATING DISORDERS and if any one of you have a problem, do know, that on the WEB LINKS of this website, I have added a new Category: Health Issues, and have added this website and you can always go to it from here. For your easy reference and to know more about the good work done by this website, and the support groups, [please click here](#)