

When I found a long-lost copy of my high-school yearbook, my boyfriend leapt at the chance to look at my senior-class pictures. "But you said you were fat as a teenager," he observed in a puzzled tone. "You were so cute. You look like the kind of girl I was afraid to ask out." "You're just prejudiced," I replied.

"Come on, look," he urged me. "This is not a fat girl!" I looked—probably for the first time since my high-school graduation. And—how astonishing!—the man was right. I was cute—not gorgeous but certainly as nice-looking as most of the other girls in the yearbook. My cheeks were a little rounder than they are now, but I certainly wasn't fat.

Like a great many women, I've been lugging around an image of myself that has very little to do with reality—yesterday's ideal. Yet these outdated self-portraits can exert a powerful, continuing impact on our adult lives. For some women, the memory of past unattractiveness, whether real or imagined, can be a success—"I'll show them." For others, the anxiety it creates a profound sense of insecurity and can lead to self-sabotage in both love and work. In a culture growing

How to look good in a lounge chair? Lie with head, shoulders, raised just slightly (makes tummy flattest), hands over head (be sure underarms are well-groomed!), one leg bent, the other extended. When walking, be confident—shoulders back, chest forward, abs pulled in, toes pointed.

posing



How's Your Appetite?
You're a slave to chips and dips... maybe a victim of PMS pangs... So try these tips for taming your cravings! By Randi L.

When a boy says, "Oh, my gosh, you're so sexy," it's a compliment, right? Wrong. It's a compliment only if you're not a fat girl. For most women, the compliment is a cruel joke. It's a reminder of the body's constant struggle to stay in shape. And it's a reminder that the only way to win is to lose.



LESS WEIGHT EQUALS MORE ROMANCE, MOOLA
Overweight women are 20 percent less likely to marry than those who are slim. Their incomes are lower too, by an average of \$6,700. Who says so? The Tufts University Diet & Nutrition Letter, reporting on a study of more than ten thousand people.

bare essentials
Everything You Need (Besides a Reasonably Good Body) to Look Good in a Bikini

EAT THIS COSMO!