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"Silence is the most powerful cry" Shopenhauer

"Inner and Outer Beauty"

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There is no other remedy but to close your eyes and cover your ears in order to escape from the constant advertising that tries to sell you the idea of an attractive body; how to maintain a young and firm complexion, what makes a perfect smile and how to fashionably style your hair. Whether through the radio, television, newspaper or any fashion magazine we turn around, there it is: the perfect model inviting us to try the new product.

I read that photographs of young models are sometimes edited and retouched in magazines targeted to teenagers, in order to better represent today's standards of beauty. If a photograph of a 15-year-old model needs to be edited, even after her hair has been done by a stylist and she has had a professional put on her make-up, can you imagine what a person feels in terms of their own beauty?

The definition of beauty is not singular and unified. Depending on what city we live around the world, its meaning and perception differs.

We can speak of the inner or outer beauty of a person that is why it is very important to nurture both; you need to know how to nourish them by accepting your body and having confidence in yourself so that you radiate a special aura.

Often one's inner beauty reflects such an extraordinary brightness and that it's all one needs!

(*) Sesiones Disponibles en Español

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