

# F#ck Beauty Duty!: Stop the Madness (Feminist-Forum - the e-essays - Book 1)



The daily beauty-parade is in full swing on all medias. Glossy, photo-shopped fantasy creatures are being gawked at - and so are average women - only to be criticized and ridiculed. No matter how hard they try - they are never young , skinny, tall, flawless and beautiful enough. Beauty is still a bitch and a burden, isnt it? Women are forever insecure about their looks because their physical appearance is more than ever subjected to the ironclad verdict of societys beauty police and they make Nazis blush! Women cant escape it because theres no place to hide imperfections. The gleeful big-butt-brigade, the cellulite-crusaders and the thunder-thigh-terrorists maintain a 24-hour-watch, nipping at your high heels ready to snatch and punish you when you fail to fit the beauty bill. The results are eating disorders, invasive plastic surgery, crazy diets, insanely priced cosmetics - and depression, zero self-love and confidence. Why dont women rebel against beauty duty? What do we have the newly discovered and refreshed feminism for? Lets stop that madness and counteract that soul-crushing, sexist demands with resistance and better ideas for happiness. There is a whole new True Beauty List that will help to re-claim humanity and freedom, pride and joy in ourselves and our bodies. Dont put a foundation on your face; get a foundation for a fulfilling Life. Dont lift your face. Lift your spirits. Dont enhance your eyes, enhance your views. Dont sharpen your lip liners, sharpen your wit. Exchange the desire for a smaller waist with the desire for bigger Ideas. Look for your buried dreams not BB-cream on sale. Beautify your heart and put volume in your compassion not your hair.

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