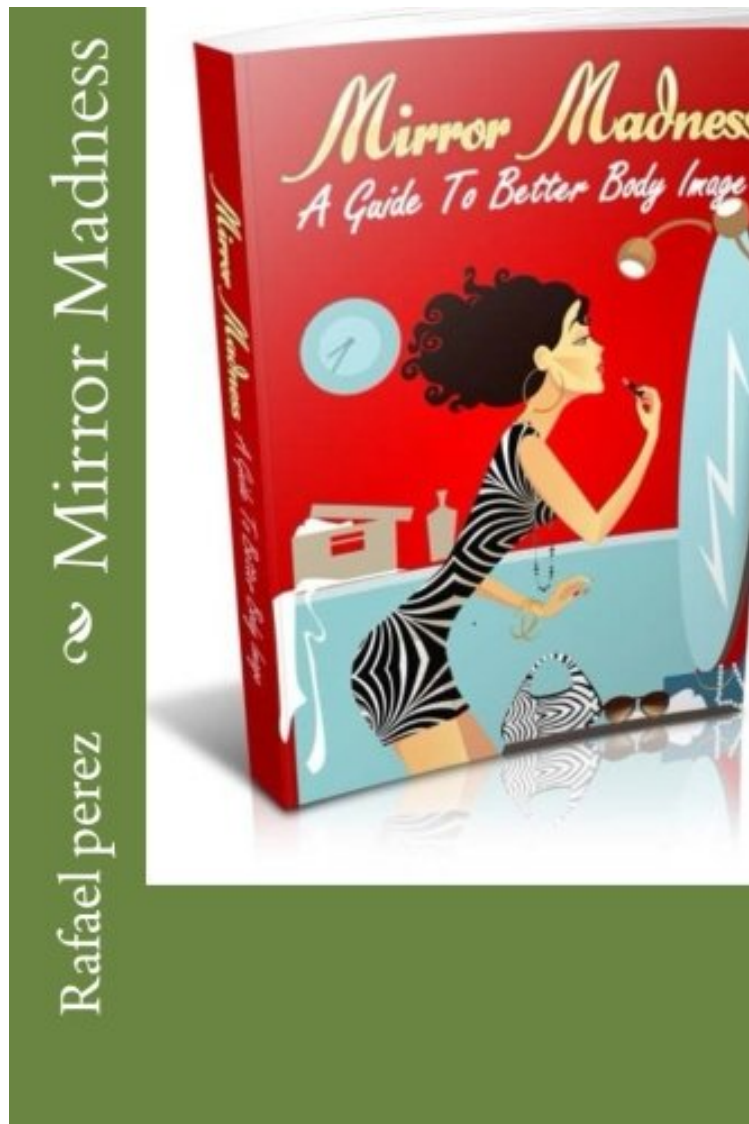


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Rafael perez : Mirror Madness before purchasing it in order to gage whether or not it would be worth my time, and all praised Mirror Madness:

Dear Friend, Body image is the representation we produce of what we think we look like; it might or may not bear a close relation to how other people really see us. That is, they are subject to all sorts of distortion from inner elements

like our emotions, moods, early experiences, mental attitudes of our parents, and much more. Is your bad body image making your life difficult... maybe even miserable? Does it seem like you've tried everything in your power to control it, and yet, despite your best intentions, you're still plagued with: Not knowing how to love yourself Not understanding even where to start with n ot doing comparisons Not knowing the true dangers of bad body image If this describes you, help has arrived... First, you are NOT alone! It may seem like it sometimes, but having a bad body image is far more common than you'd think. I ought to know, because I've battled with body image myself...