



The Fat Ugly Beautiful Truth

Tamara Burrell

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Seriously...what is a “perfect life”?

Who decides who’s getting it right?

Who is it that is judging us on a pass or fail?

We are told to ‘just be ourselves’ yet if we want to fit in and be liked we are surrounded by messages that tell us how we need to be and how we need to look and of course there’s those helpful people that say, “Oh my God you can’t do that”... or “Oh my God you are not wearing that are you?”

So knowing full well we are being judged on ‘how right we are getting our life’ we become some kind of version of ‘being ourselves’ that is more about meeting the approval of others...

We hide behind our fake smiles and we fake perfection.

We have our struggles, our failures and embarrassing stories hidden away somewhere...in the closet or perhaps swept under the rug.

All to avoid criticism and to fit in and be liked...

So I’m doing away with fitting in and being liked...I’m lifting the rug and cleaning out the closet... and without a great degree of literary flair I’m sharing some rather embarrassing stories with you like good friends do over a coffee... or given the degree of maybe too much honesty at times...a bottle of wine...

Because I do believe we’re all in this together.

Welcome to the fat ugly beautiful truth.

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