

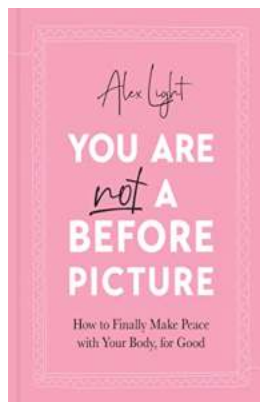
You Are Not Before Picture - Uncovering Your True Self

Are you tired of feeling stuck in a rut? Do you find yourself yearning for change and growth? It's time to take a step back and realize that you are not a "before picture." You are not static, unchanging, or defined by your past. Embrace the idea that you have the power to rewrite your story, redefine yourself, and become the best version of yourself.

Breaking Free from the "Before Picture" Mentality

Many of us fall into the trap of viewing ourselves as a "before picture" – someone who is incomplete, imperfect, and in need of improvement. This mentality keeps us stuck in a cycle of constantly striving for an ideal version of ourselves, yet never truly embracing who we are in the present moment.

But what if we were to shift our perspective? What if we were to recognize that there is beauty in the journey, and that our true worth lies not in some imagined future state but in the unique combination of our experiences, strengths, and flaws?



You Are Not a Before Picture: 2022's new inspirational guide to tackling diet culture, finding self acceptance, and making peace with your body

by Alex Light (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 45316 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 288 pages



Embracing this mindset allows us to let go of the constant self-criticism and comparison that comes with the "before picture" mentality. Instead, we can focus on self-acceptance, growth, and personal development. It opens the door to endless possibilities and empowers us to make positive changes in our lives.

Uncovering Your True Self

So how do we uncover our true selves and break free from the "before picture" mindset? Here are some steps to get you started:

1. Self-Reflection

Take the time to reflect on who you truly are. What are your values, passions, and interests? What brings you joy and fulfillment? Understanding yourself on a deeper level helps you align your actions and choices with your true desires.

2. Embrace Imperfection

Perfection is an illusion. Instead of striving for an unattainable ideal, learn to embrace your imperfections. Your flaws make you human, and they are a part of what makes you unique and special.

3. Set Meaningful Goals

Focus on setting goals that align with your values and aspirations. By working towards meaningful objectives, you can experience personal growth and a sense of fulfillment.

4. Practice Self-Compassion

Be kind to yourself. Treat yourself with the same compassion and understanding that you would offer to a loved one. Celebrate your achievements and forgive yourself for your mistakes. Remember, you are always a work in progress.

5. Surround Yourself with Positive Influences

Choose to surround yourself with people who support and inspire you. Surrounding yourself with negativity or toxic relationships can hinder your personal growth. Seek out those who uplift and encourage you to become the best version of yourself.

6. Embrace Change

Change is a constant in life, and it is essential for personal growth. Embrace the opportunities that come your way and be open to trying new things. Remember that change is not something to fear but an opportunity for self-discovery and improvement.

Redefining Yourself - The Journey Continues

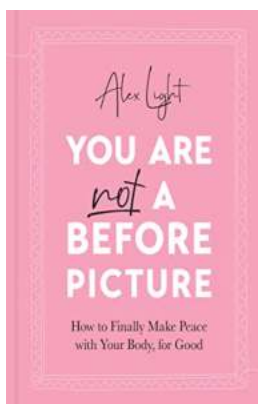
Redefining yourself is an ongoing process. It's not about reaching a destination; it's about embracing the journey and constantly evolving. You are not a "before picture" waiting for transformation; you are a work in progress, continuously growing, learning, and becoming.

So, let go of the notion that you are not enough as you are. Embrace your true self, with all your strengths, weaknesses, and everything in between. Celebrate your uniqueness and use it to propel yourself forward. Remember, you are not a before picture – you are the masterpiece in progress.

The concept of the "before picture" can be confining and stifling, but by freeing ourselves from this mindset, we open ourselves up to endless possibilities. Embracing our true selves and recognizing our worth allows us to live a more authentic and fulfilling life. So, take a leap of faith and step into the greatness that lies within you. You are not a before picture – you are the beautiful story waiting to be written.

**NOBODY BELIEVES IN YOU, YOU'VE
LOST AGAIN AND AGAIN AND
AGAIN. THE LIGHTS ARE CUT OFF
BUT YOU ARE STILL LOOKING AT
YOUR DREAM, REVIEWING IT EVERY
DAY AND SAY TO YOURSELF:
"IT IS NOT OVER UNTIL I WIN!"**

LES BROWN



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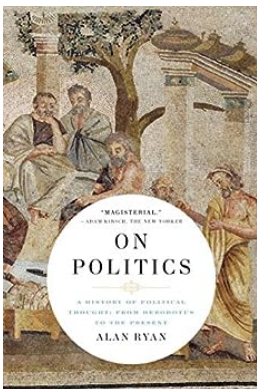
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An urgent, enlightening and empowering guide to disavowing diet culture and learning to make peace with our bodies, from body confidence and anti-diet advocate, Alex Light.

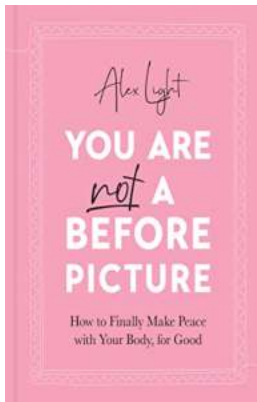
When we look in the mirror, so many of us see a ‘before’ picture: the miserable person in the side-by-side shot waiting for the ‘glow-up’ (read: weight loss) that will bring true happiness. But it’s not our fault that we see our bodies as projects in need of constant work: this is just one of the beliefs that has been ingrained in us by diet culture. We have been taught to view ourselves as a collection of ‘problem’ areas for which the billion-dollar diet industry holds the solutions.

Step-by-step, *You Are Not A Before Picture* provides a framework for changing the way we view ourselves and the world around us. Working with experts in the fields of psychotherapy, fitness and nutrition, Alex empowers readers to interrogate their underlying beliefs, challenge the external and internal forces that are holding us back, and finally find freedom in our bodies, for good.



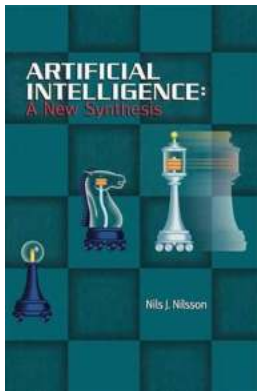
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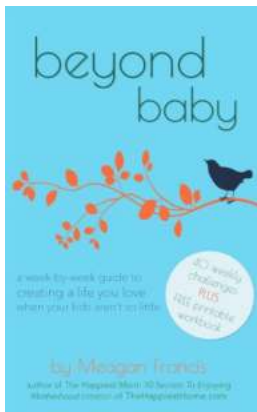
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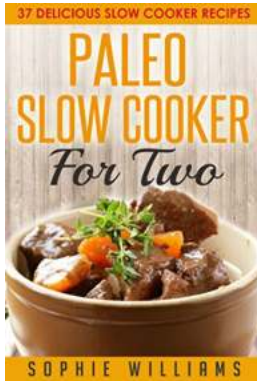
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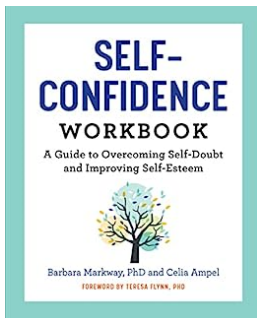
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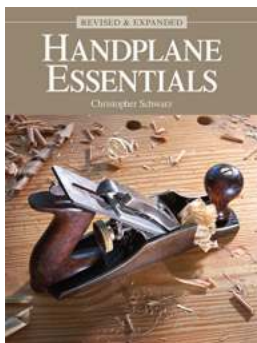
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