



Top Ten Ways to See the Lovely in Large

1. Sit down and ask yourself “What is lovely about me?” If you can’t see it, how would anyone else? You are lovingly advised to find the lovely inside you and about you that has nothing to do with your size; name it and claim it! Keep a list of your good and lovely attributes to serve as a reminder.
2. Large folks are lovely because they have big hearts. They understand prejudice. They are accepting of all conditions because they seek acceptance.
3. Large folks are lovely because they are intelligent. They see with a wide-angled lens. They sublimate the things that aren’t “pretty” – things like inconsiderateness and abuse. They find this kind of behavior repulsive.
4. Large people are lovely because they are responsible. They know from their guts the difference between right and wrong, and they choose what’s right.
5. Large ladies are lovely because they are generous. They give freely of their time, their talent and sometimes even their money. They frequently put others before themselves (not that I’m advocating this as a norm!).
6. Large women are lovely because they are sensitive. They have felt the brunt of prejudice and evil comments and they wouldn’t create that kind of hurt for another.
7. Large women are lovely because they are sexy. They understand voluptuousness and it’s allure and they point it at those they choose and not to those they don’t.
8. Large women are lovely because they are strong and self-sufficient. You get very strong in your life from having evil comments flung at you, once you get over the hurt of it. You can see what they can’t see, and you’re stronger for it.
9. Large women are lovely because they look out at the world through the eyes of understanding, an understanding borne of prejudice against them, lovingly forgiven.
10. Large women are lovely because they are so talented. They acquire many skills and they enjoy using them. Their talents sparkle. They know that only the non-prejudiced can see them.

Love Yourself Large!

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