



Although society, environment, work and other factors can make us feel constraints, women still need to find a way to break them and become positive, confident, healthy and beautiful.

## Paula hubers Philoty'

Appearance anxiety, body pressure, and how to treat the vision of others, these are all the troubles that society has brought to reach girl invisibly.

No matter what kind of skin color, appearance, or body you are, you should pay more attention to yourself and life.







## YOU ARE YOU

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