

I LIKE MY BODY

A photo-story on body positivity

By Shannon Glading

In an age where we're not very nice about ourselves – according to Dove.co.uk 90% of women see their bodies as 25% bigger than they actually are – we lack the confidence to see beauty inside of ourselves, there must be at least one thing we like about ourselves, right? When asked the question '**what's one thing you like about yourself?**' this is how individuals replied...



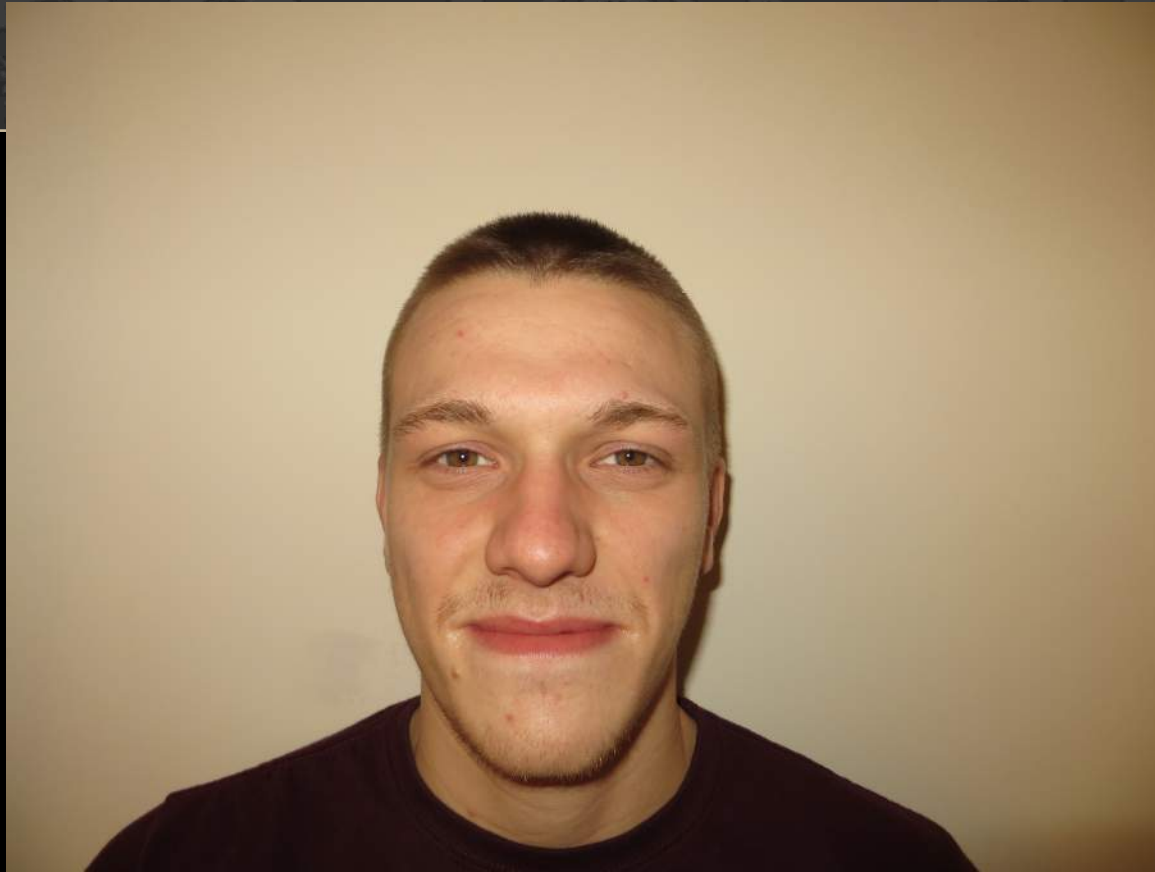
Ben Lloyd - 19 – Ipswich – Graphic Designer
“I like my hair because it’s easy to maintain”



**Damian Joy – 20 – Ipswich –
Fraud Investigator**

“I like my eyes...but not in the
morning”

“They’re big and happy, I like
how they show emotion”



**Ashley Smith – 20 – Ipswich – Social Policy student in
Birmingham**

“I like my new lack of hair, it’s streamlined”



**India Cobb – 20 –
Ipswich – Claims
Handler**

“I like my back tattoo – I like Lord of the Rings and it says ‘home is behind, the world ahead’ and I got that when I was away at university in Essex and I wanted something that represented me leaving home. It also just looks cool!”



**Jacob Greenfield – 19 – Ipswich – Motor Sport Technology
student at Oxford Brooks**

“I like my hair, it’s really thick and looked after”



**Luke Coppin – 20 – Ipswich
– Trainee Accountant**

“I like my eyes, I like the
colour, my eyebrows and my
eyelashes”



**Molly-Anne Noakes – 19 – Windsor – Accounting student at
London South Bank**

“I like my eyebrows, I just got them done!”



Ben Glading – 22 – Ipswich - Retail sales manager
“I love my beard, it takes ages to get it like this!”



Paula Glading – 48 – Ipswich

“This tattoo is my favourite thing about me, it means so much. They are the most important dates in roman numerals, my wedding day, my sons birthday and my daughters birthday”



**Dale Glading – 52 –
Ipswich – Roofer**

“The thing I like most about my body is this tattoo...it was my dad's regiment in the army – the black watch – and when he passed away me and my son both got this to remember him by”

If we can take one thing from this, it is that we all have at least one thing about us that we admire. Whether it is a physical feature, or a tattoo, or the way we dress...anything!

Body positivity is the way forward.