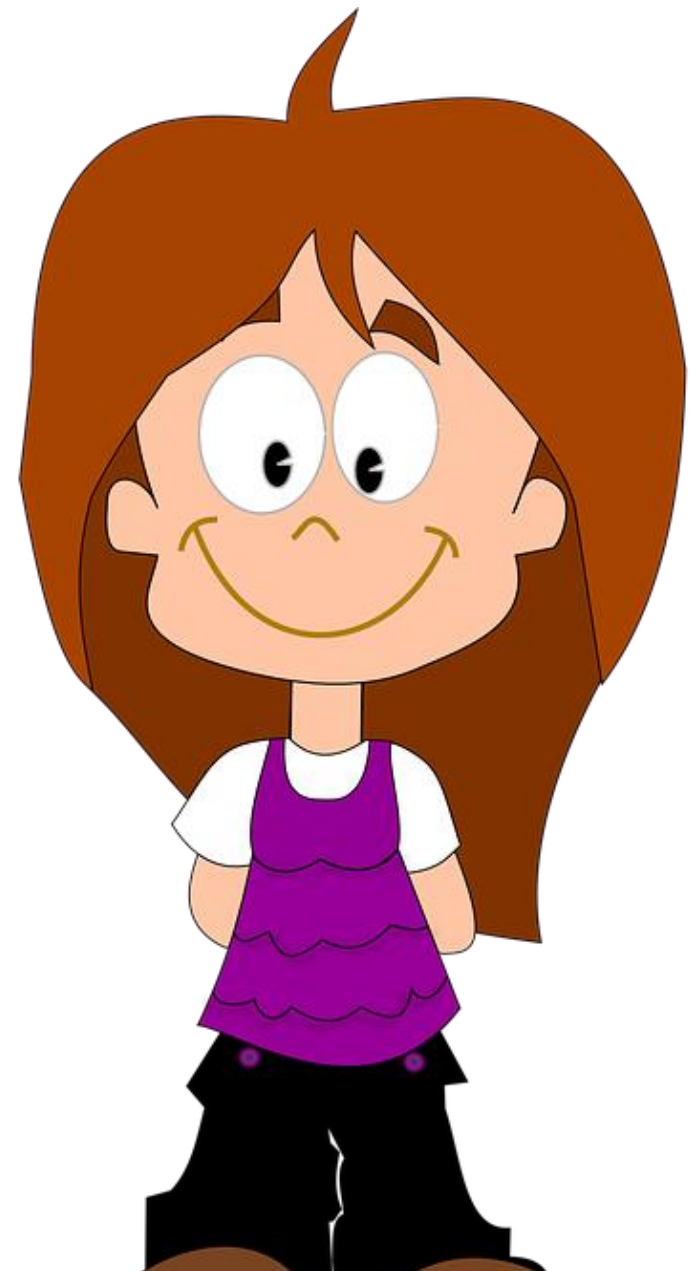


*Beautiful
You*

美丽的你！



If all the flowers in the world were one color, or if there was only one type of tree, it would get boring after a while. Beauty is found in variety—the varying types and textures, hues and shades.

如果全世界的花都是一个颜色，如果世界上的树也只有一种，不用多久，世界就会变得非常乏味。美存在于多样性中，它需要各种各样的类型和质地，色彩和光影。





Who decides that one thing is better than another—hair that's dark or light, curly or straight; bodies that are lean, muscular, or rounded; noses that are large or small; lips that are thin or full?

When you try so hard to fit a certain mold of beauty, whether it suits you or not or is realistic or not, you're giving up your uniqueness. What's the attraction of looking like everybody else?



人的头发颜色有深有浅，形态有弯有直，身材有胖有瘦，鼻子有大有小，嘴唇有薄有厚，对于这一切，谁有权决定这一种比那一种好？

当你极力去适合某种美的模式的时候，无论它适不适合你，或现实不现实，你都在放弃自己的独特性。人人看上去都一样还有何魅力？



It's human nature to want to be thought attractive, but true beauty is not only about physical appearance. It's also about inner beauty, that spark that sets a person apart from the millions of others who are dressing the same way, getting the same haircut, and trying to achieve the same body.

希望被人认为有魅力是人的本性，但真正的美不仅仅在外表上，它还跟内在美有关。内在美闪烁出的火花能使一个人从千百万人中脱颖而出。



Save yourself a lot of time, trouble, and grief. Clear your mind of everyone else's perception of what is beautiful. Set aside everything you've thought or seen or been told, and ask God to show you what specific qualities or features He gave you that make you unique. Enhance those, and you'll bring out the best, most beautiful you.

为自己省去许多时间、麻烦和痛苦吧，别去管别人对美丽的看法。把你想过、看过或听过的一切都放在一边，请上帝告诉你，他给了你哪些特殊的品质或特征，使你变得独一无二。强化这些方面，你就会显示出最好、最美的你。

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