

Curvy or not, we hear you

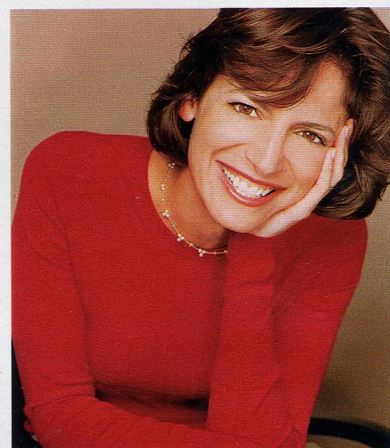
If you ever want to get women talking, just drop the words “body image,” back away slowly and wait for the fireworks. Everyone has an opinion: We’re too obsessed! We’re too repressed! We’re getting healthier! We’re getting crazier! Debates on the issue tend to be fabulous and fiery—a sure sign that the women debating have a lot at stake.

Which is why I wish every one of you could have been in the room at two recent packed-house panel discussions *Glamour* held to celebrate our May body-confidence issue. Some of what we heard chilled me: educator Polly Wheat, M.D., describing the rise of eating disorders among girls as young as nine; writer Betsy Lerner musing about what starvation dieting costs women. (“I think it’s safe to say, a woman with an eating disorder will never become president,” Lerner remarked.) But there was inspiration, too: actress Michael Michele—who admits she’s met “very few

people in my industry who have not had cosmetic surgery”—talking about how in her case, playing sports as a girl gave her a bone-deep confidence no amount of Hollywood pressure can shake; Rebecca Romijn-Stamos ranting about plastic surgery: “Men don’t even know what a real boob looks like anymore,” she fumed. “And what’s with them liking that whole little-girl [bikini-waxed] look? Women are supposed to have hair down there!” Right on, Rebecca.

She’s not the only one ranting about body image. After *Glamour*’s body-confidence issue hit the stands, hundreds of you wrote to share your praise, your thanks, your own weight war stories. I read every letter—and took particular note of those that urged *Glamour* to resist the skinny-bashing that’s so popular now (think all those “Calista should eat a cheeseburger!” jokes). “It’s OK to feel good about our bodies, but not by making others feel bad about theirs,” wrote one woman, speaking for many. “Where is it written that the skin on thin women is thicker?” She’s right: Instead of always passing the put-downs, hot-potato-style, to other, differently shaped women, why not try (radical idea!) letting *no* one’s thighs go judged? It’s smart thinking, and *you* thought of it. Thanks.

Don’t I look fabulous? OK, it’s not me—but I like her happily nude attitude. Right, our Body Summit panelists, among them cover star Rebecca Romijn-Stamos (third from left).



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