The Thick Chronicles, is a movement! It is time for us to wipe clean the slate of beauty that has been placed in front us. In today’s society it is easy for us to hate the way we look, especially when the current standard of beauty is extremely unrealistic and has us believing our reflections don’t measure up. We all think it’s just “me” who has the body that’s out of shape or not quite right, but the truth is the entire world has the same issues.

We must gear ourselves up to fight back against body image diseases that can eventually lead to death. The person who is a size 0 and doesn’t love their body is the same as the person who’s a size 24 and doesn’t love their body. It’s more important to have self-worth than it is to have an hour glass figure.

The Thick Chronicles is a compilation of first person accounts, poems and skits about bodies, be it positive or negative. We are all beautiful in our own wonderfully made way, no if ands or butts, (pun intended). Please be inspired by these true stories and know you are not alone, it is okay to feel beautiful in the skin you are in. Don’t let one opinion of beauty run your life. **Shine from today forward!**