

# quit *comparing* yourself!



Ever wish you looked like someone else? *Sam & Cat* star Jennette McCurdy knows what it feels like to obsess about having your bestie's bod!

**G**rowing up, I was always the "petite girl"—slender with a flat chest and not even five feet three. While my friends were getting hips and boobs when they were 14 and 15 years old, I stayed the same size—and that was fine with me. I was comfortable with my body, and my BFF and *iCarly* costar, Miranda Cosgrove, had the same build, so I didn't feel left out. Plus, we could share clothes!

But then I turned 17, and that summer my boobs practically doubled in size. I suddenly had more of an hourglass figure, and I put on a little weight. Within two months, I was tugging at all my shirts and dresses because they were too tight and revealing. Bra shopping was *awful*—every bra I tried on suffocated me or made my chest stand out even more. I didn't want that kind of attention!

The worst moment was when I showed up on the show's set that fall. When the crew saw how I had changed, they said things like, "Wow, you've turned into a woman, Jennette!" I hated those comments so much (even though they'd been said out of niceness)! Meanwhile, Miranda was still the same size, and it made me really frustrated. I wished so badly that I could go back to the shape I once felt confident in. I'd tell Miranda all the time, "I'd switch bodies with you any day!"



**"Miranda and I have really different bodies, but we definitely have an appreciation for each other." —Jennette**

But the funny thing was, she'd say, "Okay, you're on!" because she liked my curves and said I had the body girls want.

After that talk, I went on an epic shopping trip. Before I walked in the mall, I told myself, "You're a blank slate—find what works *now*." It felt like I was trying on clothes for 10 hours, but I finally had success! Going in with a positive attitude helped me realize you can't hold on to a former version of yourself or

compare your figure to someone else's. These days, I love how my body looks in clothes—and when I get a cute outfit, I post selfies on Instagram. It feels empowering, like I'm putting myself out into the world! Just like any girl, I take a *dozen* pics before I chose my fave, and I'll admit I filter the heck out of them. But there's no filter in real life, so now when something isn't fitting right at work, I'll just laugh and tell the stylist, "Yeah, I've got boobs!" Hey, this is me now!



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## HOW WE FOUND BODY PEACE



### "I FOCUSED ON WHAT MY BODY COULD DO"

I've compared myself to my BFF all my life. She's short and skinny; I'm tall and muscular. It wasn't until I realized that my height and strength are what make me so good at basketball that I began feeling confident. —MAY BRY, 16, PHOENIX, AZ



### "I DISCOVERED MY STYLE"

I always wore a shirt over my bathing suit in front of my friends because I didn't like my shape. But I got tired of hiding under baggy clothes! So I started following fashion trends and learned to dress for my figure. Now when I go out, I totally own it! —ASHLEY T. JORDAN, 14



### "I LET GO"

I used to mentally compare with my BFF about everything, including our bodies. Because I was jealous. Then I realized, Wow, I should be the one who lifts her up, not tears her down! When I finally stopped comparing myself to her, I felt better about myself, too! —KIM H. SMITH, 15

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**J Spring**



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## **Table of Contents Magazine Article**

1. Understanding the eBook Magazine Article
  - The Rise of Digital Reading Magazine Article
  - Advantages of eBooks Over Traditional Books
2. Identifying Magazine Article
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Magazine Article
  - User-Friendly Interface
4. Exploring eBook Recommendations from Magazine Article
  - Personalized Recommendations
  - Magazine Article User Reviews and Ratings
  - Magazine Article and Bestseller Lists
5. Accessing Magazine Article Free and Paid eBooks
  - Magazine Article Public Domain eBooks
  - Magazine Article eBook Subscription Services
  - Magazine Article Budget-Friendly Options
6. Navigating Magazine Article eBook Formats

- ePub, PDF, MOBI, and More
- Magazine Article Compatibility with Devices
- Magazine Article Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Magazine Article
  - Highlighting and Note-Taking Magazine Article
  - Interactive Elements Magazine Article
- 8. Staying Engaged with Magazine Article
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Magazine Article
- 9. Balancing eBooks and Physical Books Magazine Article
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Magazine Article
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Magazine Article
  - Setting Reading Goals Magazine Article
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Magazine Article
  - Fact-Checking eBook Content of Magazine Article
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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