

28th December, 2007

## DOES MY BUM LOOK BIG IN THIS? I BLOODY HOPE SO!

DEAR DIARY, I'm wearing my bright pink bottom-hugging jeans today for the express purpose of enhancing the shape, definition and curves of my behind! The term **BOOTYLICIOUS** is a positive word! Destiny's Child did curvy women a massive favour by creating such a wonderfully expressive term! According to Beyoncé, the definition of the word *bootylicious* is beautiful, bountiful and bouncible. How fab!

But what on earth are some women thinking about when they want to flatten their bottoms in Marks & Spencer's minimisers? Why would I want to minimise an asset? That would be like deflating my lips. Doctor, doctor, can I have some anti-collagen? He should give me an open-handed slap in the mouth and push me into a white padded cell wearing a straight jacket.

I can fully understand body-shapers which define your waist, pull in your stomach and smooth out your hips, but flatten your bum, that's taking it all a bit too far now.

Ladies like your typical Jennifer Lopez and Beyoncé have a shapely hour-glass figure. How can you not find that sexy? Even *Venus at her Mirror* in the National Gallery in London is bootylicious and she's hundreds of years old? I bet she was very happy to strike a pose. All this obsession with women wanting to look like lollipops is something I just don't understand.

It's normal *not* to have a flat stomach, it's normal to have round hips, it's normal to have full thighs. The minority are those who are naturally thin with flat stomachs and flat bottoms and thin flesh over collar bones that you can pour soup in.

But magazines feed us with false images of beauty and make it one dimensional when beauty comes in many different shapes and sizes. Beauty is not just straight up and down and flat like catwalk models and shop window mannequins.

You might find that the more women expose themselves to unrealistic ideas of airbrushed/starvation beauty, the more women will hate themselves and their bodies and who wants a world full of miserable women? If you take in all of the stuff the mass media

# The AUGUST MAYFIELD Diaries

feed you, you will start to believe that you're supposed to have the body of a very tall, very skinny, 11 year old and that can't be right.

So yes, I'm happy today because my bum does look big in this!

*August Mayfield*