



# Reflections

*Jennifer Bogart*

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## **Reflections** Jennifer Bogart

Roxanne sees a frumpy, dumpy, painfully plain, rundown single mother when she looks in the mirror.

For the past several years Roxanne has put all her energy into raising her young daughter, Calleigh. During this time she has lost sight of who she is and where she is going. A new job, an unexpected guest, and a fresh look at her teenage daughter give Roxanne new insights into how her life has spiraled into a vortex of nothingness.

She wants to change and she is willing to try just about anything to meet her goals. Unfortunately, Roxanne focuses on external issues such as her ever-increasing weight, and loses sight of how her actions affect the growth and development of Calleigh.

With a little help , Roxanne realizes that true beauty comes from within and fad diets really don't work. There are no quick fixes in life, martyrdom isn't good for anyone, and self acceptance, both of body and soul, are essential for inner peace and happiness.

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