

Albany Middle School  
1259 Brighton Ave.  
Albany CA, 94706  
3/31/18

Dear Reader:

I'm Susanne Jacobs, a body activist, mom and artist. I made this website so that I could share some of my favorite projects with people. I have included a painting, a short story, a poem, a speech and a drawing.. I chose these pieces because they are what I am most proud of.

I have been thinking a lot about body image since college, I am an expert by now. I wanted to find out what affected my sisters case of anorexia, and when I found out about coding websites. I knew I had an opportunity to share my knowledge even more. I have made many things in my career, and these pieces are most related to this websites topic. My poem is about media, my story and painting are about body shaming and my speech is a wrap up of what I have learned. And lastly, my drawing is about body equality.

I started this journey the minute I realized that I needed to stop hating what I looked like. I have grown from disliking my body to convincing other girls that they need not hate theirs. I love seeing a girl realize that her worth is on the inside, not outside. I love it when a woman comes into my office and hands me a tangled knot of hate and we unravel it together. I always feel sad when a person comes in and leaves the same. Some women are so far gone, I can't save all of them, and that is the most challenging part. I am surprised at how hard it is to change someone's perspective of their bodies, especially teenage girls. I will continue to research and do my job, I am interested to see if there has been any positive changes. I hope there is.

Sincerely,

A handwritten signature in black ink, consisting of a large, stylized 'S' followed by a 'J'. The letters are fluid and cursive.

[www.pmsabell.com](http://www.pmsabell.com)

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Susanne Jacobs