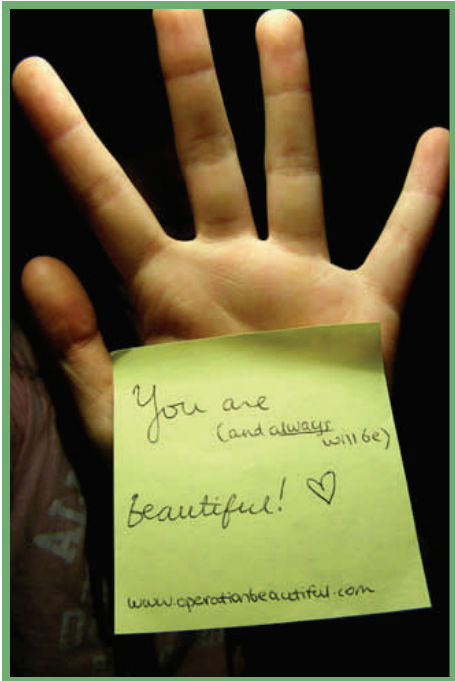


Operation Beautiful™

transforming the way you see yourself one post-it note at a time



The goal

of the Operation Beautiful website is to end negative self-talk or "**Fat Talk.**" "If this little blog only does one productive thing, I hope it helps readers realize how truly toxic negative self-talk is — it hurts you emotionally, spiritually, and physically."

Through my own experiences fighting Fat Talk, I've realized the power behind an anonymous act such as Operation Beautiful. When I post a note, I'm saying, "I CHOOSE to be positive!"

Operation Beautiful is simple: all you need is a pen and a piece of paper.

Visit their website at www.OperationBeautiful.com to get inspiration and ideas.



Operation Beautiful is a partner for the National Eating Disorders Association's (NEDA) annual outreach effort, **NEDAwareness Week 2011.**

You can do *Just One Thing* for NEDAwareness Week by posting positive notes in public places, then submit your photo!

Register today for **NEDAwareness Week 2011** at: <http://bit.ly/eVvTu>

