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### Inner Glow

When I gaze at the bright luminous screen  
No reflection of me, it may seem  
Amid beauty filters, makeup, skincare and more  
Social pressure escalates, expectations soar

But why is it we chase such perfection  
Seeking change, cosmetic procedures in every direction  
The entire world, so focused on celebrity ideals  
It is no longer easy to tell what is real

In the search for sheer perfectness  
True beauty is hard to assess  
Some might say it is being skinny, slim, and thin  
But to me, it is what comes from within

Thoughtful and heartfelt conversations with friends  
Physical beauty will fade, but what's inside never ends  
Memories and moments that shape who I am  
I will never change, not in this lifespan

Being kind, generous, and truthful is what is beautiful to me  
And it is not up to me to control what anyone else sees  
Social media will always change what beauty means  
But it is important that you know it is the beauty inside you that beams