This Is Who I Am: Our Beauty in All Shapes and Sizes by Rosanne Olson

A Great Book All Should Read It.

Fifty-four portraits of women that are striking, beautiful, and real. The bodies in this book have been shaped by the full sweep of the feminine experience.

They belong to 54 women from all over the country, ages 19 to 95, of all sizes and shapes, ethnicities, and life experiences, who were willing to expose their naked physical forms in This Is Who I Am. They are ordinary women only in the sense that none is a professional model. They are in all other ways extraordinary—courageous, curious, thoughtful, speaking unflinchingly about their bodies, then allowing themselves to be photographed to inspire other women to make peace with their physical selves, to glorify the real beauty of all women.
Certainly, the feminine nude form is not new to artists and photographers. But the portraits in This Is Who I Am, taken by award-winning photographer Rosanne Olson, with a steady, unjudgmental eye, speak loudly to the American obsession of feminine perfection—slim hips and full breasts, high cheekbones and tiny waists, taut skin and eternal youth—and even more loudly to the way real women, with real bodies and real lives, look.

By turns tender, personal, and moving, this tribute to contemporary womanhood is the perfect gift for mothers to give to daughters, daughters to cousins, cousins to friends.

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_This Is Who I Am_ captures a true portrait of the feminine experience where women yearn to make peace with their bodies while living in a society that constantly wages a war against them. Although the 54 women featured in this book are of all ages, ethnicities, backgrounds, shapes and sizes, they all share the courage to expose both their inner and outer secrets. From the 29-year old who once struggled with anorexia and is now trying to reclaim her body, to the 35 year old who has learned to become comfortable in her own skin, despite being considerably overweight, to the 44 year-old whose self identity hinges on the size of her stomach, to the 95 year-old who has achieved an appreciation for the vitality of her body, each of these women struggles and strives to make peace with their bodies. The underlying theme of the book seems to be captured quite poignantly in the advice that a 42-year old mother bestows to her two young daughters: I see the intense pressure in our culture to be beautiful and sexy and thin, and I see so many women and girls who reject their bodies because they dont fit this mold. Try to remember that all of this is an illusion. It doesnt define you...You have been gifted with life in a body. Open your heart to the wonder of that (page 46). _This Is Who I Am_ is a work of art, a reflection of contemporary society, and a catalyst for self acceptance.

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