

# Best Advice . . .

Young adults share their best advice about improving your body image.



"I think of all the things my body can do: carry a child, walk, run, play, sing, and help others."

—Blythe Brady, Utah, USA

"Don't worry what anyone except the Lord thinks of you! I try to remember that those ideas come from Satan because he doesn't have a body."

—Lauren Appleby, Queensland, Australia



"Spend time developing a meaningful relationship with Christ. I stop thinking about myself. Focus on others and how you can make a difference in the world."

—Emily Speth, Utah, USA



## HONOR YOUR BODY AS A TEMPLE

"Your body is a temple of God; honor it. Don't get caught in the squeeze of opposing pressures. Downward pressure to be worldly is contrary to the uplifting pressure to live in accord with the Lord's standards. Step aside from the squeeze and let the elevating power of the Lord lift you without restraint to your loftiest heights."

President Russell M. Nelson, "Standards of Standard-Bearers of the Lord" (Brigham Young University devotional, Jan. 6, 1991), 6, [speeches.byu.edu](http://speeches.byu.edu).

LEFT: ILLUSTRATIONS FROM GETTY IMAGES



What's the best advice you've ever received about overcoming addictions, even to things like smartphones and video games? Send us your response at [ensign.ChurchofJesusChrist.org](http://ensign.ChurchofJesusChrist.org) by August 31, 2019.

## SHARE YOUR STORY

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