

# GET OVER YOURSELF

REBELLING AGAINST THE CULTURE OF NARCISSISM

## Part 3

### ***APPEARANCE: The Culture of HOT***

If you could only learn the lesson of absolute self-forgetfulness, it would save you a great deal of trial. Out of self and into Christ are the two essential steps always, and the last cannot be fully taken without the first. For just so far as we dwell in self, we are not dwelling in Christ, and just to that degree, therefore, all goes wrong.

~ Hannah Witall Smith (1832–1911)

Too much media, and too much gazing at carefully chosen pictures on Facebook, gives young people a warped view of normal appearance. ... Overall, the world of magazines and TV can seduce us into a shallow worldview that undermines the invaluable, such as family, friends, and true learning.

~ Jean M. Twenge, Ph.D. & W. Keith Campbell, Ph.D.,  
*The Narcissism Epidemic: Living in the Age of Entitlement*

Hell, Yeah, I'm Hot!

~ Avril Lavigne

One of my heroes is Barbie. She may not do anything, but she always looks great doing it.

~ Paris Hilton

Don't cha wish your girlfriend was hot like me?

~ Pussycat Dolls

In the '90s toothpaste buyers worried about tartar build-up and damage to the gums; in the 2000s we worry about whether our teeth are white enough.

~ Jean M. Twenge, Ph.D. & W. Keith Campbell, Ph.D.,  
*The Narcissism Epidemic: Living in the Age of Entitlement*

I colour my hair and also wax my eyebrows. My mother NEVER did any of these things and was always very socially accepted and even admired. Colouring your hair and having hair removal are two practices that are now mainstream and 'required' to just live up to societal standards.

~ Jennifer, 35 years old, survey participant

The idea that girls should start looking sexy at five – or even earlier – has entered the mainstream. It needs to exit. ... The people who make slutty clothes for eight-year-old girls will stop making them as soon as parents refuse to give in.

~ Jean M. Twenge, Ph.D. & W. Keith Campbell, Ph.D.,  
*The Narcissism Epidemic: Living in the Age of Entitlement*

I have had Botox. Everyone has!

~ David Hasselhoff, Actor

Oh, I definitely believe in plastic surgery. I don't want to be an old hag. There's no fun in that.

~ Scarlett Johansson, Actress

It's hard to speak to your hearts when all I see is your parts.

~ Hayley DiMarco, *Sexy Girls*

**The LORD does not see as mortals see; they look on the outward appearance, but the LORD looks on the heart.**

~ The Prophet Samuel, 1 Samuel 16:7 (NRSV)

**Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.**

~ The Apostle Paul, Romans 12:2 (NLT)

**Stop judging by external standards, and judge by true standards.**

~ Jesus, John 7:24 (GNB)