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t **5 Ways to Regain Confidence When the Going Gets Tough**

in **By DeLores Pressley**  
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As a former plus-size model, I know the disappointment of rejection based solely on appearance, both professionally and personally. Rather than allowing the numerous barrier-inducing critics of my plus size define who I was, how I'd live my life, and what measure of success and happiness I could achieve, I instead chose to face that "winter season" head on, turning what



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