

scars like wings

Scars Like Wings: Embracing the Beauty of Healing and Transformation

Scars like wings evoke a powerful image—marks of the past that have transformed into symbols of strength, resilience, and freedom. Much like wings that carry birds across vast skies, scars tell stories of survival and growth, reminding us that even after pain, there can be beauty and flight. This concept resonates deeply with those who have experienced physical or emotional wounds and now view their scars not as flaws, but as badges of honor that have shaped their journey.

In this article, we'll explore the symbolism behind scars like wings, the psychology of embracing scars, and how people creatively incorporate this concept into art, tattoos, and self-expression. Whether you have visible scars or invisible emotional ones, understanding this metaphor can inspire a profound shift in how you perceive healing and identity.

The Symbolism of Scars as Wings

Scars have historically been seen as reminders of injury or trauma, but the idea of scars like wings flips this narrative. Instead of hiding or feeling ashamed, the metaphor encourages individuals to see scars as wings that enable them to rise above adversity.

From Pain to Empowerment

When you think about wings, you think about freedom, elevation, and the ability to soar. Scars, in this light, represent the challenges one has overcome. Just as wings are formed of feathers and strong muscles that support flight, scars are composed of healed skin that shows resilience. This imagery captures the essence of transformation—pain giving way to empowerment.

Psychologically, embracing scars can be a turning point in self-acceptance. It's a reminder that our wounds do not define us negatively but contribute to our unique story and strength.

Cultural Perspectives on Scars

Various cultures have revered scars as marks of honor or rites of passage. For example:

- In some indigenous tribes, scars are deliberately created as symbols of bravery or maturity.
- Japanese Kintsugi—the art of repairing broken pottery with gold—relates to this concept by highlighting flaws and cracks as part of an object's history and beauty.
- Modern-day tattoo culture often incorporates scar designs that look like wings, symbolizing rebirth or personal freedom.

These cultural insights highlight the universal human experience of transforming pain into a narrative of hope and beauty.

Understanding the Science Behind Scars

Before delving deeper into the metaphorical aspects, it's helpful to understand what scars are and how they form. This knowledge can enhance appreciation for the body's natural healing process.

How Scars Develop

When the skin is injured, the body works to repair the damage. This involves producing collagen, a fibrous protein that helps close wounds. However, the new collagen fibers form in a different pattern than the original skin, resulting in a scar.

Scars can vary in appearance based on:

- Depth and size of the wound
- Location on the body
- Individual healing processes
- Genetic factors

Understanding this biological process underscores how scars are natural outcomes of healing, much like wings develop to enable birds to fly.

Types of Scars and Their Impact

Not all scars are the same. Some common types include:

- **Hypertrophic scars:** Raised scars that stay within the boundary of the wound
- **Keloid scars:** Thickened scars that grow beyond the wound's edges
- **Atrophic scars:** Depressed or sunken scars often resulting from acne or chickenpox

Each type carries its own emotional and psychological weight, especially when they are visible. For many, scars like wings become a way to reframe these marks from sources of insecurity into symbols

of pride.

Scars Like Wings in Art and Tattoo Culture

One of the most vibrant ways people express the concept of scars like wings is through art, especially tattoos. This form of self-expression allows individuals to reclaim their bodies and tell their stories visually.

The Rise of Wing Tattoos Over Scars

Tattoos that incorporate wings over or around scars have become increasingly popular. These designs often serve as a metaphor for overcoming hardship, such as:

- Surviving illness or surgery
- Healing from accidents or injuries
- Emotional battles like depression or trauma

By adding wings to their scars, individuals transform what might have been a source of pain into a powerful emblem of freedom and flight.

Creative Ideas for Scar-Related Tattoos

If you're considering a tattoo that embraces your scars, here are some inspiring ideas:

1. **Angel or bird wings:** Symbolize protection, guidance, and transcendence.
2. **Butterfly wings:** Represent metamorphosis, change, and rebirth.
3. **Floral wings:** Combine natural beauty with strength, often incorporating vines or petals around scar tissue.
4. **Abstract or geometric wings:** Use shapes and lines to create a unique, personalized look.

These designs not only cover or complement scars but also invite conversation about healing and resilience.

The Emotional Journey: Embracing Scars Like Wings

Physical scars are often visible, but emotional scars run deep and are no less significant. The metaphor of scars like wings applies equally to internal healing and growth.

Accepting Your Story

One of the most challenging steps after trauma—whether physical or emotional—is acceptance. Viewing your scars as wings encourages you to honor your past without being defined by it. Each scar represents a chapter closed, yet also the beginning of a new phase filled with potential.

This mindset can lead to increased self-confidence and a healthier relationship with your body and mind.

Healing Through Community and Support

Sharing your story with others who understand the journey can be incredibly empowering. Support groups, online forums, and creative communities centered around scars and healing foster connection and validation.

Engaging with others who embrace scars like wings helps normalize the experience and encourages collective growth.

Practical Tips for Caring for Scars and Boosting Confidence

While emotional acceptance is key, practical care can also improve the appearance of scars and support healing.

- **Keep scars moisturized:** Use gentle creams or oils recommended by dermatologists to keep skin supple.
- **Protect scars from sun exposure:** UV rays can darken scars and make them more noticeable, so sunscreen is essential.
- **Explore gentle massage:** Massaging scars can improve circulation and reduce stiffness.
- **Consult professionals:** Treatments like silicone sheets, laser therapy, or microneedling can minimize scar visibility if that's your goal.

Remember, the objective isn't always to erase scars but to care for them and feel comfortable in

your skin.

Transforming Perspective: From Scars to Wings

Ultimately, scars like wings is more than a poetic phrase—it represents a transformative way of viewing hardship and healing. It invites us to see our scars not as limitations but as sources of strength that have helped us grow and elevate ourselves.

Whether you carry physical scars, emotional wounds, or both, embracing this metaphor can inspire a journey toward self-love and freedom. Just as wings enable flight, scars can be the very thing that lifts you higher, reminding you of your resilience and the beauty that comes from survival.

Frequently Asked Questions

What is the meaning behind the phrase 'scars like wings'?

'Scars like wings' symbolizes the idea that personal scars and struggles can lead to growth, strength, and transformation, much like wings enable flight and freedom.

Is 'Scars Like Wings' a book or a song?

'Scars Like Wings' is a memoir by Erin Stewart that explores themes of trauma, resilience, and healing after surviving abuse.

Who is the author of 'Scars Like Wings'?

Erin Stewart is the author of 'Scars Like Wings,' a memoir detailing her journey through abuse and recovery.

What themes are explored in 'Scars Like Wings'?

'Scars Like Wings' explores themes such as trauma, healing, resilience, self-acceptance, and the power of overcoming adversity.

How does 'Scars Like Wings' inspire readers?

'Scars Like Wings' inspires readers by showing how pain and scars can be transformed into sources of strength and hope, encouraging personal growth.

Are there any quotes from 'Scars Like Wings' that resonate with readers?

Yes, one popular quote is, 'Our scars have the power to remind us not of our pain, but of our survival and strength.'

Can 'Scars Like Wings' help people dealing with trauma?

Yes, the memoir offers insight into the healing process and can provide comfort and encouragement to those coping with trauma.

Is 'Scars Like Wings' suitable for young adults or mature readers?

'Scars Like Wings' is generally recommended for mature readers due to its sensitive subject matter involving abuse and trauma.

Where can I purchase or read 'Scars Like Wings'?

'Scars Like Wings' is available for purchase on major book retailers like Amazon, Barnes & Noble, and can also be found in many libraries.

Additional Resources

Scars Like Wings: Exploring the Symbolism, Healing, and Cultural Impact

scars like wings is a phrase that encapsulates a powerful metaphor of transformation, resilience, and beauty emerging from pain. This evocative expression has gained traction not only in artistic and literary circles but also in psychological and cultural discussions about trauma, recovery, and identity. The concept of scars resembling wings invites an analytical exploration of how visible marks on the body or within one's narrative can symbolize flight, freedom, and transcendence. This article delves into the multifaceted dimensions of "scars like wings," examining its symbolic significance, psychological undertones, and the broader cultural resonance tied to scars as emblems of personal growth.

The Symbolism Behind Scars Like Wings

The image of wings has long been associated with flight, liberation, and spiritual ascension. When paired with the idea of scars—often perceived as reminders of injury or hardship—the combined metaphor challenges conventional notions of imperfection and healing. Scars like wings suggest not just survival, but an elevation beyond past trauma.

Wings as a Metaphor for Freedom and Growth

In many cultures, wings symbolize freedom, the ability to rise above earthly constraints, and the pursuit of higher aspirations. When scars are imagined as wings, they represent a transformation where pain or adversity is no longer a limitation but a source of strength. This metaphor aligns with psychological theories of post-traumatic growth, where individuals report positive personal changes following significant life challenges.

Reframing Scars: From Stigma to Strength

Traditionally, scars have been viewed as imperfections or flaws, often hidden due to societal pressures. However, the “scars like wings” concept advocates for a reframing of scars as badges of honor—visible signs of endurance and survival. This shift is evident in contemporary art, fashion, and social movements that celebrate body positivity and authenticity, encouraging individuals to embrace their scars rather than conceal them.

Psychological Perspectives on Scars and Identity

From a psychological standpoint, how individuals perceive their scars can significantly impact their self-esteem and mental health. The metaphor of scars as wings can facilitate a narrative of empowerment, aiding in the healing process.

Post-Traumatic Growth and the Power of Narrative

Research indicates that storytelling and meaning-making are crucial for healing after trauma. When survivors describe their scars as wings, they are essentially reconstructing their identity in a way that highlights resilience and hope. This reframing can reduce feelings of shame and foster a stronger, more positive self-image.

Body Image and Acceptance

Body image concerns often accompany visible scars, especially when they are located in prominent areas. Therapeutic approaches that encourage individuals to view their scars as part of their unique story—akin to wings—can improve acceptance and reduce social anxiety. This is particularly relevant in treatments for those with self-harm scars or surgical marks.

Scars Like Wings in Art and Culture

The motif of scars resembling wings has penetrated various artistic and cultural expressions, reflecting society’s evolving attitudes toward trauma and healing.

Visual Arts and Tattoos

Artists frequently explore scars as symbols of transformation. Tattoo culture, for example, has embraced the idea of “cover-up” tattoos that transform scars into winged designs, blending personal history with aesthetic expression. This practice not only conceals physical marks but also celebrates the wearer’s journey, turning scars into art.

Literature and Music

Literary works and music frequently use the imagery of scars and wings to express themes of overcoming adversity. Lyrics and poems often depict scars as the foundation for wings, metaphorically representing the ability to soar above life's challenges.

Medical and Therapeutic Considerations

While the metaphor of scars like wings is powerful, it is also important to address the medical and therapeutic aspects of scar treatment and management.

Scar Treatment Options

Modern dermatology offers various treatments to minimize the physical appearance of scars, including laser therapy, silicone gels, and surgical revision. These interventions can help individuals who prefer to reduce the visibility of scars, balancing aesthetic desires with the metaphorical embrace of scars as wings.

The Psychological Impact of Scar Treatments

For some, treating scars can be an essential step toward psychological healing, providing a sense of control and improving body image. However, others might find strength in preserving their scars as symbols of survival, reflecting the diversity of responses to trauma.

Balancing Physical and Emotional Healing

Clinicians often encourage a holistic approach that integrates physical treatments with counseling or psychotherapy. Emphasizing the metaphor of scars as wings can be a therapeutic tool to help patients reframe their scars positively while navigating the complexities of healing.

The Broader Cultural Shift: From Concealment to Celebration

The phrase "scars like wings" also mirrors a broader cultural shift toward embracing imperfection and vulnerability as sources of authenticity and empowerment.

Social Media and Community Support

Online platforms have created spaces where individuals share their stories and images of scars, fostering communities of support and acceptance. Hashtags and campaigns that highlight scars as symbols of strength challenge traditional beauty standards and encourage open conversations about trauma and recovery.

Fashion and Media Representation

Fashion industries and media outlets are increasingly showcasing models with visible scars, further normalizing and celebrating diverse body narratives. This visibility helps dismantle stigma and promotes inclusivity.

- Promotes body positivity and mental well-being
- Challenges unrealistic beauty norms
- Encourages empowerment through visibility

Understanding the Limitations of the Metaphor

While the image of scars like wings is inspiring, it is essential to recognize that not all experiences with scars are empowering. For some, scars are painful reminders of trauma that may not immediately translate into positive symbolism.

Individual Differences in Healing

Healing is a highly individual process. The metaphor of wings may resonate deeply with some but feel alienating or insufficient for others still grappling with physical or emotional pain.

The Risk of Romanticizing Trauma

There is a delicate balance between celebrating survival and inadvertently romanticizing trauma. It's critical to approach the metaphor thoughtfully, acknowledging the complexity of healing journeys without minimizing suffering.

Scars like wings is more than a poetic phrase; it is a lens through which we can examine resilience, identity, and cultural attitudes toward imperfection. As society continues to evolve in its understanding of trauma and recovery, this metaphor offers a hopeful narrative—one where scars are not merely marks of pain but the very wings that enable individuals to rise and soar beyond their

past.

Scars Like Wings

scars like wings: Scars Like Wings Erin Stewart, 2021-01-12 Relatable, heartbreaking, and real, this is a story of resilience--the perfect novel for readers of powerful contemporary fiction like *Girl in Pieces* and *Every Last Word*. Before, I was a million things. Now I'm only one. The Burned Girl. Ava Lee has lost everything there is to lose: Her parents. Her best friend. Her home. Even her face. She doesn't need a mirror to know what she looks like--she can see her reflection in the eyes of everyone around her. A year after the fire that destroyed her world, her aunt and uncle have decided she should go back to high school. Be normal again. Whatever that is. Ava knows better. There is no normal for someone like her. And forget making friends--no one wants to be seen with the Burned Girl, now or ever. But when Ava meets a fellow survivor named Piper, she begins to feel like maybe she doesn't have to face the nightmare alone. Sarcastic and blunt, Piper isn't afraid to push Ava out of her comfort zone. Piper introduces Ava to Asad, a boy who loves theater just as much as she does, and slowly, Ava tries to create a life again. Yet Piper is fighting her own battle, and soon Ava must decide if she's going to fade back into her scars . . . or let the people by her side help her fly.

scars like wings: Scars Like Wings Erin Stewart, 2019 One year after the fire that claimed her parents' and cousin's lives and left her severely disfigured, sixteen-year-old Ava faces the return to high school.

scars like wings: Scars Like Wings C. Stagg, 2017-10-24 In the blink of an eye...One bad night... one bad decision... And Jillian Walker's whole life blew up in her face. Born to political royalty and poised to marry a modern-day JFK, her life has been mapped out since birth. But vodka, community service, a flat tire, and a mysterious soldier threaten to flip that carefully woven future upside down. Is she strong enough to betray her family's presidential dreams to follow her heart or will she have to face the perfectly orchestrated life she no longer wants any part of?One bad day... one bad decision...And Bennett Hanson's whole life blew up in his face. Born to teens more interested in getting high than parenting, Bennett's future was a dead-end road until a loving foster couple and the US Army allowed him to hope for more. But Desert Storm, a roadside bomb, a soup kitchen, and an uppity princess might entirely alter the course of his life. Will he defeat his demons to find the piece he's been missing or let the monsters in his head suck him into the darkness forever? What they needed was each other....More than anything else in the world.

scars like wings: The Words We Keep Erin Stewart, 2022-03-15 WINNER OF THE SCHNEIDER FAMILY BOOK AWARD FOR TEENS! A beautifully realistic, relatable story about mental health—anxiety, perfectionism, depression—and the healing powers of art—perfect for fans of *Girl in Pieces* and *How it Feels to Float*. Whatever you struggle with, you are not alone and you are already enough—just the way you are. It's been three months since The Night on the Bathroom Floor--when Lily found her older sister Alice hurting herself. Ever since then, Lily has been desperately trying to keep things together, for herself and for her family. But now Alice is coming home from her treatment program and it is becoming harder for Lily to ignore all of the feelings she's been trying to outrun. Enter Micah, a new student at school with a past of his own. He was in treatment with Alice and seems determined to get Lily to process not only Alice's experience, but her own. Because Lily has secrets, too. Compulsions she can't seem to let go of and thoughts she can't drown out. When Lily and Micah embark on an art project for school involving finding poetry in unexpected places, she realizes that it's the words she's been swallowing that desperately want to break through. A tender, heartfelt, and realistic look at mental illness, familial love, and finding your voice.—Kathleen Glasgow, New York Times bestselling author of *Girl in Pieces*

scars like wings: Beachside Lessons: A Beach Romance Kayla Lowe, Enjoy this clean and

wholesome beach romance by award-winning author Kayla Lowe... What happens when the bubbly new teacher moves in next door to the grumpy, heart-of-steel veteran teacher? Simple. She drives him crazy. Daniel likes his quiet life in Strawberry Beach just fine the way it is, thank you very much. The last thing he wants is his world turned upside down, but that's exactly what happens when Rachel—bright, optimistic, and a little too cheerful for his taste—moves in next door. She's full of sunshine and he's full of...well, let's just say he's been around long enough to know the world's not all that bright. They don't agree on anything. Not teaching methods. Not life philosophies. And definitely not how to handle a Saturday morning. But somehow, between their constant bickering and undeniable chemistry, sparks start flying. Is it love? Or just a slow trainwreck waiting to happen? Grab your beach chair and settle in for this heartwarming, laugh-out-loud romance where two very different people might just find they need each other more than they ever expected. It's got small-town charm, a big dose of humor, and all the feel-good vibes you could ever ask for. If you like sweet, clean romances with a side of laughs, this one's for you! For fans of Sage Parker, Grace Meyers and Ivory Fields, this is a clean romantic story with a guaranteed happily ever after. Like all Kayla's sweet romance books, it's clean with no cursing. Enjoy!

scars like wings: *Every Borrowed Beat* Erin Stewart, 2025-03-13 A second chance at life, a first chance at love. 'A luminous, brilliant meditation on living that will burrow deep into your heart and stay there... An emotional and riveting must-read.' Kathleen Glasgow, bestselling author of *Girl in Pieces* Sydney Wells should have died. She was supposed to die. But after years of waiting, she has been given a new heart. Her only job is not to break it. Still, she can't help thinking about how her second chance means that someone else's life was cut short. After some detective work, Sydney concludes that her donor was a girl called Mia who died tragically in a nearby town. Desperate for closure, she attends her memorial service, where she meets Mia's best friend Clayton: a boy who makes her new heart race... 'Devastating, funny, and heartwarming all at once, *Every Borrowed Beat* had me gasping for breath with every page.' Anika Hussain, author of *This is How You Fall in Love*

scars like wings: *The Billionaire's Wife* Naina Mehta, Meet Dmitri Stefanovich Kaverin, a man with a no nonsense attitude and looks to die for. Always one to face his problems head on, Dmitri is quick to find a solution to his dilemma when his mother threatens to give away all he has worked so hard to achieve. The answer to his problems comes in the form of a certain violet eyed beauty named Trinity Johnson. Meet Trinity Johnson, a girl who lived in the moment and for the moment, without a care in the world. With a heart too pure for her own good and an uncanny knack for helping others in need, she decides to help a hot as hell complete stranger without any ulterior motives whatsoever. Join Dmitri and Trinity in their journey as they work together wherein Dmitri finally learns what being in love means while Trinity learns what being truly loved by a person entails. Watch as they both discover strengths they didn't know they possessed and weaknesses they never thought they had.

scars like wings: *Shazam Sisters* Kim McKee, 2022-08-30 *Shazam Sisters* is a children's book that highlights 5 women in history who pushed through barriers and held a curious mind for the world around them. The innovative style of the stories along with exciting artwork on every page opens a child's mind to imagination and the possibilities that await them. These amazing women did not allow restraints of society to define them. They defined their place in society with tenacity and determination. Technology moves at breaking speed and with that many of us experience a disconnect with the world around us. Did you ever wonder where you come from, why some have biological challenges others don't, how a computer can organize so much information, or how a cell phone allows us to speak to someone far away? All this and the origins of medicine that derives from plants around us are amongst some of the questions these curious women not only thought about but were able to shed light through gritty determination. Their contributions were mostly ignored until history caught up and gave them the attention and admiration they deserved. Inside *Shazam Sisters* you will find stories about Ada Lovelace (Computers), Jeanne Baret (Botany), Mary Anning (Archaeology), Hedy Lamar (Technology), and Rosalind Franklin (DNA), A must read for any parent who wants their child to dream big without the confinements of social expectations.

scars like wings: Unbreak This Heart Betty Shreffler, 2021-08-28 From USA Today Bestselling Author Betty Shreffler comes a breathtaking and passionate contemporary romance standalone. Ever since that horrific night, I'd shut men completely out of my life. I'd gone from the spunky, fun, Alex DeMarco to a broken woman terrified of intimacy. Easing me back into dating, my best friend sets me up with kickboxing lessons from my charming and perfectly sculpted instructor--Carter Maxwell. Carter's goal is to break through my emotional barrier and mold my heart just like he molds my body, but trusting men is a battle I'm not ready for. What's worse is my ex-fiancé, Todd Livingston--the man who tore my heart in two--wants me back, and as much as I'd like to deny it, the feelings are still there. Both men want what I can't give--my body and my love--and neither are willing to give up the fight. But only one of them can unbreak this heart of mine.

scars like wings: Saving Sophie Debbie Schrack, 2022-04-26 Seventeen-year-old Gabe Hunter knows he has a purpose in life. He has always strived to be the "best of the best," but lately nothing has gone his way. Gabe was devastated six months earlier when his half-brother Josh had a drunk driving accident that killed four members of a family and left a sixteen-year-old girl named Sophie an orphan. Josh went to prison and Gabe struggles to forgive him because how can he forgive the unforgivable? When Gabe reluctantly agrees to do math tutoring for his senior service project, he discovers that the girl he will be tutoring is also named Sophie. But in a town of eighty thousand people, what are the odds it will be the same person? Astronomical, Gabe figures. Gabe soon discovers, though, that it is the same Sophie. A former National Merit Scholar finalist, Sophie had a severe brain injury in the accident. She has seizures, amnesia, and can barely read or write. When he meets her, Gabe realizes what his purpose in life must be—to help Sophie and make amends for his brother. His plan is to spend the rest of the school year tutoring Sophie, then say goodbye and go quietly off to college without ever telling her that his brother was the one who killed her family. What Gabe doesn't count on is falling in love.

scars like wings: SCARS LIKE WINGS CHELSEY J. LEON, 2024

scars like wings: Every Time You Go Away Abigail Johnson, 2023-12-05 Perfect for fans of Jennifer Niven, Abigail Johnson draws a searing and lyrical portrait of grief, forgiveness, and the kind of love that blooms in the aftermath. Eight years ago, Ethan and Rebecca met, two troublemaking kids sharing secrets and first kisses in a tree house, until Ethan's mom returned to take him away. Each and every visit, his only goodbye was a flower on Rebecca's windowsill. Four years ago, Ethan left for the last time to take care of his mother, who has struggled with addiction his whole life. Two years ago, Rebecca was in a car accident that killed her father. She's been learning to navigate life as a wheelchair user ever since. Now, they discover if their hardships have torn them apart...or will bring them closer than ever.

scars like wings: Soul Inks AARADHYA SHARMA, 2021-06-05

scars like wings: Contemporary Transnational Feminist Visual Activism and Gender-Based Violence Basia Sliwinska, 2025-09-30 This book illuminates arts activist interventions that raise consciousness and advocacy for women's right to a life free from violence. In a context where Gender-Based Violence (GBV) has continued to intensify across the globe, the international range of essays focus on violations of bodily integrity and autonomy, reproductive, domestic and sexual violence, femicide and feminicide. Comparing and interrogating arts activist strategies and visual methods, the book also explores tactics employed by arts activists attentive to effects and lived experiences of GBV, and imagining potential solutions founded in feminist thinking to change behaviours and raise awareness generating systemic change. The case studies of feminist transnational contemporary arts activism include examples from Austria, Brazil, Canada, Ghana, Guatemala, Hong Kong, Mexico and the United States. Arts engaged with include textile work, crafts-making, performance art, clay work, protest art, and documentary art, indicating the breadth and richness of the work of feminist political artists. At a time when, according to the UN Women's estimates, almost one in three women have been subjected to violence, it is critical to understand how feminist politics catalyses social, cultural and political changes. This book will be of interest to scholars working in art history, women's studies, gender studies, and visual culture.

scars like wings: Imperfect Lee Kofman, 2019-01-08 By the time she was eleven and living in the Soviet Union, Lee Kofman had undergone several major operations on both a defective heart and injuries sustained in a bus accident. Her body harbours a constellation of disfiguring scars that have shaped her sense of self and her view of the world. But it wasn't until she moved to Israel and later to Australia that she came to think these markings weren't badges of honour to flaunt but were, in fact, imperfections that needed to be hidden away. In a captivating mix of memoir and cultural critique, Kofman casts a questioning eye on the myths surrounding our conception of physical perfection and what it's like to live in a body that deviates from the norm. She reveals the subtle ways we are all influenced by the bodies we inhabit, whether our differences are pronounced or noticeable only to ourselves. She talks to people of all shapes, sizes and configurations and takes a hard look at the way media and culture tell us how bodies should and shouldn't be. Illuminating, confronting and deeply personal, *Imperfect* challenges us all to consider how we exist in the world and how our bodies shape the people we become.

scars like wings: This Is Our Rainbow Katherine Locke, Nicole Melleby, 2021-10-19 The first LGBTQA+ anthology for middle-graders featuring stories for every letter of the acronym, including realistic, fantasy, and sci-fi stories by authors like Justina Ireland, Marieke Nijkamp, Alex Gino, and more! A boyband fandom becomes a conduit to coming out. A former bully becomes a first-kiss prospect. One nonbinary kid searches for an inclusive athletic community after quitting gymnastics. Another nonbinary kid, who happens to be a pirate, makes a wish that comes true--but not how they thought it would. A tween girl navigates a crush on her friend's mom. A young witch turns herself into a puppy to win over a new neighbor. A trans girl empowers her online bestie to come out. From wind-breathing dragons to first crushes, *This Is Our Rainbow* features story after story of joyful, proud LGBTQA+ representation. You will fall in love with this insightful, poignant anthology of queer fantasy, historical, and contemporary stories from authors including: Eric Bell, Lisa Jenn Bigelow, Ashley Herring Blake, Lisa Bunker, Alex Gino, Justina Ireland, Shing Yin Khor, Katherine Locke, Mariama J. Lockington, Nicole Melleby, Marieke Nijkamp, Claribel A. Ortega, Mark Oshiro, Molly Knox Ostertag, Aisa Salazar, and AJ Sass.

scars like wings: Caged Love 5 B. Love, 2016-12-04 "Do you believe in love at first sight? Do you believe in love at all?" - Omega Cage As the oldest of the Cage clan, Omega has committed himself to being the example that he wanted everyone under him to follow. In the process, he's cheated himself of what matters most - love and his own family. With La Familia changing and expanding, Sunshine has put its dismantling out as an option. To everyone's surprise, Omega has no problem dismantling La Familia - after he helps Delaney Robinson. Known in Richmond Virginia for being a heartless Queen pin, Delaney reached out to La Familia months prior to handle a situation that she was far too close to to have clarity over. From the minute Omega hears her story and her name, he's drawn to her, and willing to do whatever it takes to keep her safe. When La Familia began close to eight years ago, they swore nothing would separate them but death. Now, it seems as if all it took was love. Will that be the case for Omega as well? Or will his pursuit of one final hit be what ends La Familia in a way none of them expected? Read the finale of *Caged Love* to find out!

scars like wings: Phosphorescence Julia Baird, 2022-07-26 "Both timeless and timely, this is a book of wisdom and wonder" (Geraldine Brooks, Pulitzer Prize-winning author of *March*), a deeply personal exploration of what can sustain us through our darkest moments. "What has fascinated and sustained me over these last few years has been the notion that we have the ability to find, nurture, and carry our own inner, living light—a light to ward off the darkness. This is not about burning brightly; it's about yielding a more simple phosphorescence—being luminous, having stored light for later use. Staying alive, remaining upright, even when lashed by doubt." After surviving a difficult heartbreak and battle with cancer, acclaimed author and columnist Julia Baird began thinking deeply about how we, as people, persevere through the most challenging circumstances. She started to wonder, when we are overwhelmed by illness, loss or pain, or a tragedy outside our control: How can we keep putting one foot in front of the other? Baird went in search of the magic that fuels the light within—our own phosphorescence. In this stunning book, she reflects on the things that lit her

way through the darkness, especially the surprising strength found in connecting with nature and not just experiencing awe and wonder about the world around her, but deliberately hunting it, daily. Baird also writes about crossbeams of resilience: nurturing friendships and a quiet faith, pursuing silence, fighting for what she believes in, the importance of feeling small, learning from her mother's example of stoic grace. She also explores how others nurture their inner light, interviewing the founder of the modern forest therapy movement in Tokyo, a jellyfish scientist in Tasmania, and a tattooed priest from Colorado, among others. Weaving together candid and moving memoir with deep research and reflections on nature and the world around her, Baird inspires readers to embrace new habits and to adopt a phosphorescent outlook on life, to illuminate ourselves and our days—even in the darkest times.

scars like wings: Revenge Elizabeth Knox, 2018-01-01 She deceived us all, but I still crave for her to be mine. Every waking moment that I've been part of the Skulls Renegade MC I could tell she was holding back something. What I didn't realize is how much she was. Jenna isn't the woman that any of us thought her to be. She's a completely fabricated lie. I shouldn't want her because of the deception she brought upon us. Her and I are both so similar, two people who have been through the darkest life has had to offer. But our pasts didn't break us, they fueled us. Now I know her secrets, and I don't know what I'll do with them.

scars like wings: Walking in Love Eva Herz, 2021-09-14 Walking in Love helps readers overcome damaged thinking, becoming healed, and happy once again. Drawing on the authors own experiences of pain, wisdom learned in life, and the exploring of our thinking. Poetry is also used to invite readers to explore their own emotions. What can be learned from our facing trials in life? What does it take to be happy? What does it mean to have self-love? Does your life have meaning? The answers to these questions—and more—are right at your fingertips. The author believes the answer is in the ability to honestly see ourselves for who we can become. Helping readers overcome their own self-sabotage where stress, anxiety, and fear may threaten to overwhelm them. Broken emotions in pain can be repaired with the right coping skills renewing it into hope and encouragement. Where self-love achieves personal growth becoming whole, secure, free, calm, at peace, and loved.

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