

Many young people today are too worried about the way they look and this causes them problems.

Do you agree or disagree?

What is the situation in your country?

Appearance plays an important role in the first glimpse affection as well as the authority in social activities. Some people, however, go to extremes and sacrifice so many valuable possessions for that. As a matter of fact, I assume that being obsessed in concerning how we look may take a heavy toll on peoples' lives.

Regarding ~~to the~~ self-confidence, it is partially dependent on our appearance. Being neat and reasonable dressing is highly required in different social situations. Some individuals, nevertheless, link their whole self-assurance up to their figure and look. Even most of them go so far as to endure numerous cosmetic surgeries to satisfy their insatiable thirst of being accepted by others on the grounds that the surrounding people's s' judgements are in the priority rather than what they think of themselves.

Generally speaking, one's extremities, in particular in this issue, not only do preclude people from focusing on their crucial concerns, it, also, magnify iesy trivial matters which are non-issues and cause people to feel stressed out. In addition, as scientists argue, stress leads to different mental illnesses, which are consequently end up with physical problems. I always believe in this proverb that goes, a sound mind in a sound body.

In my homeland, Iran as a developing third-world country, the youth, unfortunately, prefer to spend their money on to cosmetics and toiletries rather than purchasing educational materials, as statitics indicate.

As a result, people should be enlightened on the fundamental values of their characters and love themselves as the way they are. Although doing some changes in appearance and having cosmetic surgeries occasionally are inevitable, going to extremes always results in little if any. no where.

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