**Title: The Ugly Side of Beauty**

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INTRODUCTION

* Paragraph 1
* Start off with a story about inner workings of fashion industry and how they view beauty. Describing what beauty has become to people.
* The role of beauty in everyday life and how it matters. The importance in beauty.
* Thesis statement: People, especially women in particular, can be relentless in their pursuit of beauty, and this has led to an unhealthy obsession that has varying degrees of negative impacts on the people and their lives.

BACKGROUND INFO

* Paragraph 2 & 3
* Definitions of beauty by Oxford English Dictionary (1989); Freedman (1986); Hatfield & Sprecher (1986); Naomi Wolf (1991); Sones (2002)
* Transition sentence leading to evidence. In the form of a question.

SUPPORTING EVIDENCE #1

* Paragraph 4 & 5
* Topic sentence: Obsession with beauty can be financially draining.
* Dale Archer, M.D. (2012): About one third of their income is spent on maintaining those good looks.
* Mohsen Mahmelbaf (2013): A real life story about Hanieh, a 35-year-old office worker obtained a bank loan of 70m rials to pay for a nose job.
* Palash Ghosh (2014): ...Venezuelan girls who will do anything -- including placing their families deeply into debt...

SUPPORTING EVIDENCE #2

* Paragraph 6 & 7
* Topic sentence: A person that is obsessed with beauty will develop a pessimistic outlook and a warped judgment ethically and morally.
* Dale Archer, M.D. (2012): Low self esteem is more common in beautiful women than you would expect.
* Saltzberg and Chrisler (1995): Psychological effects of the pursuit of the perfect female body include unhappiness, confusion, misery and insecurity.
* Ira M. Sacker (2012): People who develop eating disorders feel as people that they’re not good enough.
* Roberta Honigman and psychiatrists Katharine Phillips, MD, and David Castle, MD (2004): Patients who are dissatisfied with surgery may request repeat procedures or experience depression and other problems.

SUPPORTING EVIDENCE #3

* Paragraph 8 & 9
* Topic sentence: Obsession with beauty can be especially damaging on relationships.
* D'Arcy Lyness (2013): Body dysmorphic disorder (BDD), an obsession whereby patients becomes distress about their appearance flaws avoid being seen or socialize with others.
* Jean Twenge (2009): A society with more narcissists would include less empathy, fewer long-term relationships, more incivility, more aggression and more cheating.
* Patrick Wanis (2011): Friendships are artificial and two-dimensional because selfishness and narcissism prevent meaningful connections and devoted relationships.
* Tracy Miller (2013): Posting photos too frequently on Facebook, especially those grating self-portraits can alienate your friends and family, found in a study by U.K. researchers.
* [Amethyst Tate](http://www.ibtimes.com/reporters/amethyst-tate) (2014): A husband in Saudi Arabia decided to divorce her wife after she changed her hairstyle and went through plastic surgery in order to look more attractive.

SUPPORTING EVIDENCE #4

* Paragraph 10 & 11
* Topic sentence: Many women had suffer due to believing a certain culture's beauty ideology, chasing and accepting the ideal beauty during the era.
* Saltzberg and Chrisler (1995): ...exercising frenetically and compulsively, implementing severely restrictive and nutritionally deficient diets, developing bizarre eating habits, and using continuous self-degradation and self-denial.
* Freedman (1986); Hatfield & Sprecher (1986); Lakoff & Scherr (1984): The painful custom of foot binding during the olden days by the Chinese.
* Baker (1984): European women during the sixteen century bound themselves into corsets of whalebone and hardened canvas.
* Brain (1979): ...tight lacing often leads to pulmonary disease and internal organ damage. Fainting and miscarriages among pregnant women was also common.

SUPPORTING EVIDENCE #5

* Paragraph 12 & 13
* Topic sentence: Obsession to beauty can leads to health risks and death.
* The dangers of cosmetic products by Schwartz (1986).
* Claire Webber (2012): Young girls in the African nation of Mauritania were sent to fattening farms where they were force fed in the hopes to get married.
* Report of the high number of Americans undergoing voluntary aesthetic surgery by Nancy Etcoff (1999).
* Astrid De La Rosa (2013) believes the Miss Venezuela pageant has negatively impacted Venezuelan women into taking extreme measures to enhance their bodies. They are not aware of the dangers they are facing doing surgeries that ruin their lives.
* Martin Markovits (2013) gives a figure that 15 women have died from injecting silicon into their buttocks since 2011.
* Gemma Aldridge, [Kerry Harden](http://www.mirror.co.uk/authors/kerry-harden/) (2014): Danny Bowman, 19, spent 10 hour a day taking up to 200 snaps of himself on his iPhone. He lost 12 kg in order to look good and in an attempt to escape his obsession, he tried committing suicide.

COUNTERARGUMENT

* Paragraph 14 & 15
* Topic sentence: In the reality world, it is sometimes important for women to be physically attractive, leading them to be obsessed over beauty.
* A natural desire as quoted by Plato: The three wishes of every man: to be healthy, to be rich by honest means, and to be beautiful.
* Bias in favour of physically attractive people by Dion, Berscheid & Walster (1972); Eagly, Ashmore, Makhijani & Longo (1991); Hatfield & Sprecher (1986); Watkins & Johnston (2000).
* [Daniel Hamermesh](http://www.freakonomics.com/2011/08/18/dan-hamermesh-answers-your-questions-about-beauty-pays/) (2013): Beauty is connected to financial success.
* Nancy Etcoff (1999): The world assumes the outer self to be a mirror of the invisible, inner self...Beauty has consequences that we cannot erase by denial.
* Power of mass media in influencing the female society by Kilbourne (2002).
* The concern for appearance becomes an unhealthy obsession when it starts to interfere with our ability to maintain our life routines, our relationships with others, and damages our feelings about ourselves.

SUM UP CONCLUSION

* Paragraph 16
* Sum up claim + supporting evidence statements
* Elayne A. Saltzberg and Joan C. Chrisler (1995): Women should be conscious of the effects to their lives coming from the pursuit of the perfect female body, challenge the culture, and stop being a slave to the society's beauty standard.
* Each woman must define their own beauty which should create a more diversify view. Then, only women would be able to live life more freely and experience the world more genuinely.
* Our definition of true beauty

SO WHAT CONCLUSION

* Paragraph 17 & 18
* Some simple and healthy measures to make one beautiful from within.
* Getting sufficient sleep by Axelsson (2010).
* Victoria Feddenon (2013): Women should be kind, calm, compassionate and sincere. Negativity is beauty's enemy. We must banish fear, hate, bitterness, anxiety, cruelty or lies in order to be prettier. Joy is radiant, when we are happy, we emit positive energy and people will be attracted to us.
* A real life story on real essence of beauty by cancer patient Jill Brzezinski-Conley.
* Cathy Newman (2000) explains how beauty is only temporary and personal achievements would be valued when a woman reaches old age.
* Being beautiful on the outside is not everything. In life, there are other things that matters such as brain and substance.

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