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## Reflections

The mirror's never been my friend  
or hers,  
or hers,  
or hers.  
Images glare back at us.  
Traitors that we always trust—  
annihilate and demonstrate  
the parts of us we fear.

When did we learn to hate our curves  
our bellies round  
our full behinds?  
Our psyches break with every bite  
our confidence a wayward kite  
that lifts then fractures  
in the wind  
under a broken sky.

Must we vomit  
starve ourselves,  
like models thin and movie stars  
for us to feel desirable,  
and sexily inspirable  
in a society that holds regard  
for a woman with no shape?

We promise to avoid the scales  
become compelled, it never fails—  
addicted like a ruthless sleuth,  
the facts are clear  
we hate the truth.  
A simple pound can change the day  
from joyful to despair.

Food is the enemy—  
betrays us on mere sight.  
Our warriors, drunk on pleasure  
have lost the will to fight.  
An endless diet  
That's our lives  
Our future's fat and bleak.  
Our appetites  
bring switchblade thoughts  
Why do we even eat?

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## **BIO**

**Robbi Sommers Bryant's** award-winning books include a novella, 4 novels, 5 short-story collections, and 1 book of poetry. Published in magazines including *Readers Digest*, *Redbook*, *Penthouse*, college textbooks, and several anthologies, she was also editor in chief of the Redwood Writers 2018 anthology *Redemption: Stories From the Edge*. Robbi's work was optioned twice for television's *Movie of the Week*, and she appeared on TV's *Jane Whitney Show* to discuss her article, "*A Victim's Revenge*."

Past president of Redwood Writers, her professional focus is developmental editing, content editing, copy editing, and proofreading. She is also a writing coach. [robbibryant.com](http://robbibryant.com)