

If only all women could focus more on their aspirations
and less on their bodies.











CAROLINA AMELL

EVERY BODY SURF

A Tribute to Self-Love and Sisterhood

PRESTEL

Munich · London · New York

Tara Crystal

"As I get older, I feel more comfortable with my own body."

My relationship with my body changes a lot, just as my body changes a lot. Sometimes I have a hard time accepting my body image and my self-image, and other times I feel beautiful. Sadly, I think that most women look at themselves and want to change something: sometimes I wish I was a bit thinner, or taller. Other times I'll try on clothes and feel like nothing is fitting right and that nothing looks good on me. That can get a bit frustrating.

I am 35 years old now, so it has been a rollercoaster, I would say that when I was younger, I was a lot fitter, and I surfed more. Now as I am aging and my body is going through hormonal changes, I feel different. But at the same time I am very grateful for the body I have: I am strong, physically able, and healthy. What more could I ask for?

When I feel insecure, I try to do something nice for someone else, I don't focus on my physical appearance and instead I focus on what is in my heart and in my mind. But at other times I will dress up and take a little more pride in my appearance. It feels good to reflect on the outside what is on the inside.

When I am feeling down, unmotivated, or sad, I often just want to go back to the ocean. I am very surf-motivated. When I am in the ocean and I can surf more, I know I will be happier mentally and physically. Surfing drives me.

I think the media tends to over-sexualize women and that can lead to body dysmorphia. As I get older, I feel more comfortable with my own body, but I think that this over-sexualization, together with unattainable beauty





Tara Crystal

standards, can be really unhealthy for young women. I think it is sad that as a society we are in a place where we feel so uncomfortable in our bodies that we need to have cosmetic surgeries.

Surfing has always played a huge part in my mental happiness. I can't remember a time in my life when I've gone surfing and had a bad day. Surfing has always been my anchor and I love it. When I'm in the water it's just me versus my relationship with the ocean. I don't care how I look, I'm there to get waves, not to look pretty. When I'm in the ocean, my mind calms. The other surfers in the lineup are not focusing on my appearance, they are also just there to catch waves. The judgments are left on land.

My journey to finding self-love I feel is a lifelong process, rooted in kindness to others. I feel truly loved by my community, and because of that I feel whole. I know it is hard. Sometimes we are our own harshest critics, and we have awful negative thoughts and yucky voices that can be so loud that they try to hold us back, but that is the moment to remember that there are people that you know who support you and love you. I am also very aware that we are here for a limited time. I have chosen to spend that time with people who care about me for who I am instead of what I look like. That is really important.

“My journey to finding self-love I feel is a lifelong process, rooted in kindness to others. I feel truly loved by my community because of that I feel whole.”

There are a lot of good people in this world, and if you gravitate toward them, you will be fine. No nice people are truly ugly, and no mean people are truly beautiful.

To quiet the negative thoughts that you might have, just keep being a good person and be kind, even to yourself. I have one funny memory: I was looking in the mirror and trying on clothes and I said, “Oh! I look so bad!” and one of my good friends told me right then and there: “Be nice to my friend!!!”



Model: *Barrel* Length: *5'11"*
Serial #: *340238* Width: *20"*
For: *Love* Thickness: *2 3/8"*
Shaper: *Tabbed* Volume: *31*

THE R/N ALLIANCE

Be careful how you talk to yourself
because you are listening.







North Shore, Oahu, Hawaii.



There is power in kindness.





Bri Atisanoe

“There’s no need to prove yourself to anyone.
Live like you don’t have an audience.”

I was raised in Kona, where I was the only little Black mixed Hawaiian girl. There weren’t many girls who looked like me, and my mom Kalei raised me in her footsteps. I was rooted in our Hawaiian culture, dancing hula and loving the ocean with my siblings. Not knowing much about afro hair, she did her best. So, it was often in a bun, and my peers were quick to share their unsolicited thoughts about it. When I moved to Oahu to live with my mom Schelle and my other siblings, the differences were still noticed but more accepted, and at last I had my sisters there, so people were more familiar with our mixed background.

As a little girl, I started doing mirror work. I would tell myself, “You’re enough, you’re beautiful, your skin is beautiful, your nappy hair is beautiful, your bigger thighs are beautiful, and even your stretch marks are beautiful. You are different, and this is ok.” Over the years I gained confidence, held my head high, set goals that seemed out of reach, and always loved my uniqueness.

Raising our two girls with my husband Malaki, we wanted things to be different for them. Showing our girls they can pull up a seat at any table, be bold, don’t let people speak words over you that aren’t true, and, most importantly, love yourself. It’s not just kids their age that can be mean; sometimes it’s a teacher or other adults. They go through their own trials, and society hasn’t changed much, but we support each other. They know my experiences and their dad’s experiences, which helps them learn to advocate for themselves in spaces where they might feel they don’t belong because of other people’s opinions and actions.

Coping with beauty pressures can be tough. Beauty should be a standard that you create, not left in the hands and thoughts of a stranger or a magazine or some social media post. If I don’t feel like I meet my own beauty standards, I check my heart. What’s stopping me from being a loving, giving person to those around me? I’ve been asked if I’m always this happy. I have a lot to be happy about—good health, meeting career goals, and a loving and supportive family creating a space where I can be authentically me.

I’ve worked with companies that were more inclined to work with me for reasons that didn’t align with America’s typical standards of sex appeal. I’m

If happiness were a person.