

# Pain and Beauty



By Debora Terreiros

# Credit to The Artwork

Vine Art

([www.pngegg.com](http://www.pngegg.com),)

[www.pngegg.com](http://www.pngegg.com). (). Free download | Doodle Drawing Vine Plant, plant, leaf, branch png | PNGEgg. [online] Available at: <https://www.pngegg.com/en/png-colfg/download> [Accessed 7 May 2022].

Magnifying Glass Art

(YuriyC, n.d.)

YuriyC (n.d.). Magnifying glass doodle style black and white vector image on VectorStock. [online] VectorStock. Available at: <https://www.vectorstock.com/royalty-free-vector/magnifying-glass-doodle-style-black-and-white-vector-21654279> [Accessed 10 May 2022].

# Introduction

Debora Terreiros is a contemporary photographer seeking to highlight a range of societal issues. Revealing aspects of mental pain and insecurity, Debora uses herself to remember historically and in the present moment her complex relationship with her own body. Pain and Beauty reveals a powerful shift in the artist's perception of her physical self and a movement towards self acceptance.

“If you could accept  
that perfection is impossible  
what would you stop obsessing over”  
(Rupi Kaur, 2020)











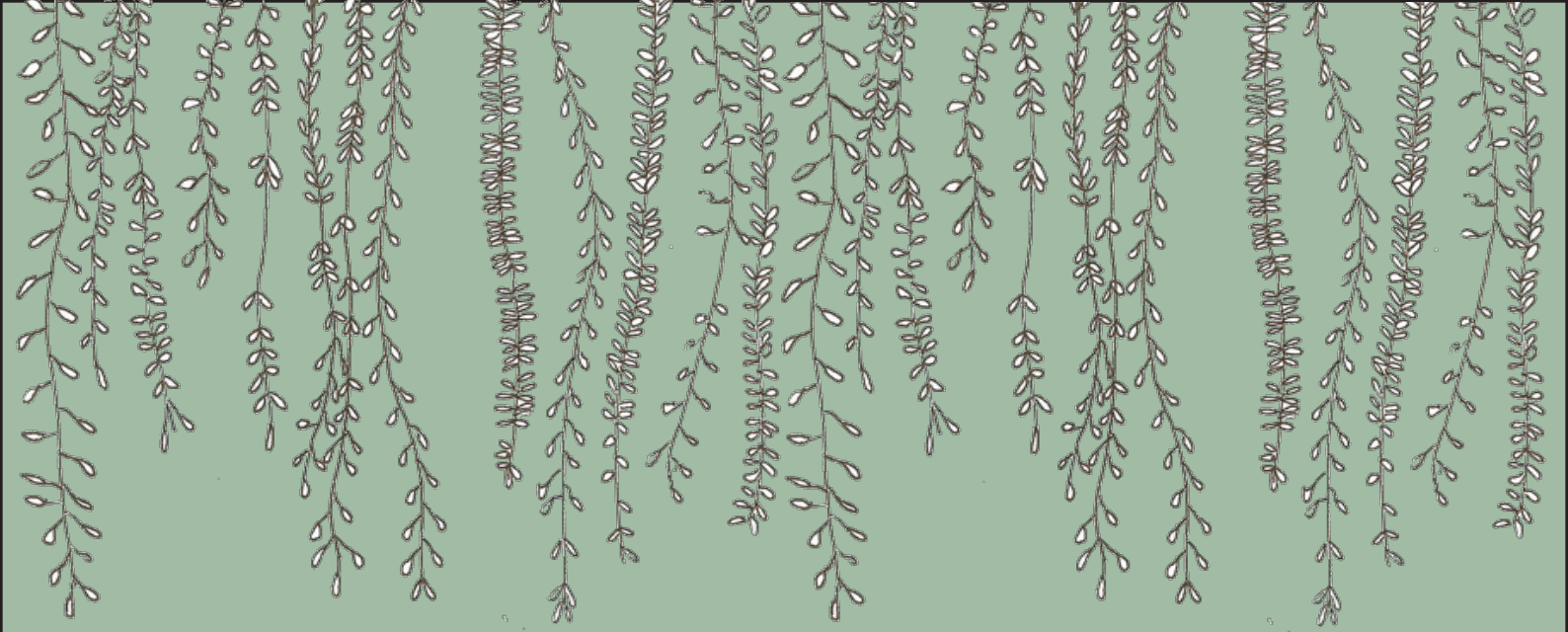


“There’s a better way to combat negative body image and diet culture, and it doesn’t come with a new standard of beauty. By practicing body neutrality, we can learn to peacefully dwell in our bodies and stop thinking so much about how we look.” (Ghibaudy, 2020)









This Photobook is an exploration of Debora Terreiros and her project, 'Pain and Beauty' which examines her past and present relationship with her body. As an adolescent, criticising her appearance was all she ever did, and it was not until her early adulthood did she come to find acceptance and have a neutral approach towards her physical self.

