Today I asked my body what she needed,

Which is a big deal

Considering my journey of

Not Really Asking That Much

I thought she might need more water

Or protein

Or greens

Or yoga

Or supplements

Or movement

But as I stood in the shower

Reflecting on her stretch marks,

Her roundness where I would like flatness

Her softness where I would like firmness

All those conditioned wishes

That form a bundle of

Never-Quite-Right-ness

She whispered very gently

*“Could you just love me like this?”*

*`Hollie Holden*