

Dear Oprah,

I've watched you flourish in your career and endeavors for 20+ years and I admire you. You're the host of the longest running talk show, a successful entrepreneur, a superb actress, and a generous philanthropist and humanitarian.

I read your article in the January 2009 edition of *O, The Oprah Magazine* where you admit that you're embarrassed for gaining weight and "falling off the wagon." Oprah, I just want to tell you, as someone who has remained a fan through all the weight losses and gains, that you're a beautiful person. Beauty that radiates from within is not influenced by the numbers that appear on your scale. You're a media maven, so stop allowing the media to turn your struggle with your weight into a reality show. You don't owe the public an explanation for every ounce that you gain or lose. Our superficial society puts too much emphasis on weight and image, but in my opinion, there's more depth and substance to Oprah than how many pounds she weighs.

You're a phenomenal, extraordinary woman, but at the end of the day, you're human too. And as humans, we are all fighting some type of battle. Just continue to do you, flaws and all, and quit apologizing for being human.

Sincerely,

*Teri Miller Barker*