

A portrait of Meghan Swaby, a Black woman with short, curly dark hair, smiling and looking slightly to the left. She is wearing a dark, short-sleeved top. The background is a neutral, light grey.

BODY CONFIDENCE TO ME  
IS NOT A DESTINATION - IT IS THE ONGOING  
(PAINFUL/BLISSFUL/MAGICAL)  
PROCESS OF GETTING TO KNOW  
MY BODY, ALL AMIDST CONSTANT CHANGE.

*Meghan Swaby*