

# Mis-wanting

Business



Miswanting For most people especially women, having a slim and sexy body is something of an achievement that they would take pride of. There is this popular misconception that skinny girls are more beautiful and desirable than those of plus size hence a lot of women are feeling the pressure of losing weight in order to achieve happiness and satisfaction.

In every television show and advertisement, movie and magazine, the leading characters are always fit and healthy. They constantly project the zero size heroes who get what they want and do what they want all the time. The market for weight loss programs, skinny diets and slimming pills is so huge that you can easily purchase anything that can help you lose those extra pounds at almost everywhere. Because of this brainwashing, most women are convinced that they will be completely happy if they will look like those model-like figures on TV and would even venture with non-healthy regimens to attain this. However, most of the people I know who underwent the same dilemma during their teens soon realized that they can still be happy even if they are fat. Some were even unsatisfied with their lives after reaching their target weight. According to Gilbert & Wilson, “ We may misconstrue events, misunderstand ourselves misinterpret our feelings – and any of these mistakes can be a cause of miswanting.” (p. 194). And so we must take into consideration that true happiness and satisfaction can be achieved by simply having the things that will holistically improve our sense of self-worth and contentment. What we want to become in the future might not necessarily bring us bliss thus we should be grateful of whatever fate gives us and try to find light in every situation.

#### Work Cited

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