# Article information:

"Estoy más gorda porque me he divertido": ni tú ni Selena Gómez necesitáis justificar haber ganado (o perdido) peso  
<https://www.trendencias.com/psicologia-1/estoy-gorda-porque-me-he-divertido-tu-selena-gomez-necesitais-justificar-haber-ganado-perdido-peso>

# Article summary:

1. Selena Gomez recently had to defend her body after appearing at the Golden Globes, which is an example of how people are judged for their weight.

2. The article discusses the damage that can be caused by judging someone's body and how it perpetuates a standard of beauty that excludes many people.

3. It emphasizes the importance of practicing self-love and understanding that there is no "perfect" size or shape.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article provides a comprehensive overview of the issue of body shaming, particularly in relation to Selena Gomez's recent experience at the Golden Globes. It draws on expert opinions from professionals such as Patricia Raijenstein and Lucía Galán, as well as quotes from Ashley Graham, to provide evidence for its claims. The article also includes relevant images to illustrate its points.

However, there are some potential biases in the article that should be noted. For example, it does not explore any counterarguments or present both sides equally; instead, it focuses solely on why body shaming is wrong and why people should practice self-love instead. Additionally, while it does mention possible risks associated with body shaming, such as dismorphia corporal, it does not go into detail about them or provide any further information about them. Furthermore, while the article does include quotes from experts and celebrities to support its claims, it does not provide any evidence for these claims beyond anecdotal evidence.

In conclusion, while this article provides an interesting perspective on body shaming and offers some useful insights into why it is wrong and how people can practice self-love instead, there are some potential biases that should be taken into consideration when assessing its trustworthiness and reliability.

# Topics for further research:

* Body shaming risks
* Body shaming statistics
* Body shaming prevention
* Body shaming effects
* Body shaming in media
* Body shaming and mental health

# Report location:

<https://www.fullpicture.app/item/3df7d73ecfed061d96ffcc015e0e81eb>