



### VITALS

**Hometown**  
Atlanta  
**Favorite photographer**  
Ruth Bernhard, who also shoots subjects in the buff  
**Past project**  
Documenting refugees from war-torn countries who now live in Georgia

## body shots

Holly Sasnett, 42

**Why we admire her** Sasnett, a professional photographer, doesn't blame women for being critical of their bodies—she's not out to judge. All she wants is a chance to show them that their so-called trouble spots might actually be works of art. For the past 9 years, as part of her *Body Revisited* project, she has been inviting women suffering from eating disorders to pose nude in front of her camera. A few weeks

after the photo session, which can last up to 4 hours, her subjects return to Sasnett's Atlanta studio to see themselves in a new light. "I've had nothing but positive results," she says. The most common reaction she hears? "Oh, how beautiful!"—uttered in a tone of total surprise.

**How she got started** In August 1998, a friend and psychologist who specializes in eating disorders asked Sasnett to photograph her patients as part of their recovery. With a background in nonprofit campaigns, Sasnett

was willing to give it a try. "I had no idea what I was getting into," she says. But she quickly realized how powerful the photo sessions were: "Once the clothes come off, people open up and tell me their amazing stories." Sasnett soon decided to offer the sessions free of charge to anyone seeking professional help for an eating disorder. Before each shoot, she chats with the woman over the phone about her disorder, therapy, and perceived problem areas. Sasnett also reassures her that no photograph will reveal her face. "Without a face, you have the ability to step back and look at yourself simply as an image," she says.

**What she's accomplished** Though dozens of women have met with Sasnett at the urging of their therapists, she's adamant about not keeping a tally. "This project is not about numbers, not one person or 10,000," she explains passionately. In 2000 and 2002, she showed works from *Body Revisited* in an Atlanta gallery in conjunction with the National Eating Disorder Association's Awareness Week. And while Sasnett says she's only part of a team of people helping these women, she knows she has made an impact when she sees anorexics become healthy mothers. Or when a husband—who has hardly ever seen his wife naked because of her extreme body issues—thanks her for helping his partner rediscover her body.

**What's next** Sasnett, who currently pays for the project herself, is seeking funding and a publisher to print a book of her *Body Revisited* photos.

» For more on Sasnett, visit [hollysasnett.com](http://hollysasnett.com).



Subjects are shot in black-and-white to help them separate the photos from what they see in the mirror.

### Two small steps toward utopia

**1 Eat Cake**  
On May 6, cut yourself some slack—and enjoy a slice of something yummy—in honor of International No Diet Day. Created by recovered anorexic Mary Evans Young, the day raises awareness of the damaging effects of negative body image and self-deprivation.



**2 Cover Girl**  
Recovering from an eating disorder can take anywhere from 4 years to a lifetime. But the average insurance company pays for a scant 3 weeks of treatment, and only 11 states mandate coverage. Visit [aedweb.org](http://aedweb.org) and sign the Worldwide Charter for Action on Eating Disorders to help define rights, health policies, and practices for those suffering from these illnesses around the globe.

www.womenshealthmag.com/actionfigures



### Alba to the Rescue »

*Fantastic Four's* Jessica Alba is a superhero in her own right. Since last fall, the 26-year-old has sponsored eight teens through Step Up Women's Network, a national organization that promotes self-esteem for girls in Chicago, Los Angeles, and New York. Each month, Alba donates about \$1,500 to a teen to help pay for anything from SAT prep classes to horseback-riding lessons. This spring she'll participate in Step Up's Goddess Day in L.A., where teens will meet to discuss everyday pressures and enjoy activities like yoga.

STAR POWER  
**Celebs Who Give Back**