

# Unrealistic Beauty Standards as Groundless Opinions

**Post by “Kalosyni” of January 28, 2024 at 4:48 PM**

For any women out there, here is a YouTube which reflects a good understanding regarding groundless opinions (which comes up in the Letter to Menoecus) which are neither natural nor necessary. This presents some practical ideas about common unrealistic beauty standards, which apply to all women no matter what race or nationality.

<https://m.youtube.com/watch?v=tpUXcOitpkE>