

# You Look So Much Better in Person

Have you ever met someone in person and thought, "Wow, you look so much better in person than you do in your photos"? If so, you're not alone. This phenomenon is actually quite common. In fact, a study by the University of California, Berkeley found that people are generally rated as more attractive in person than they are in photographs.

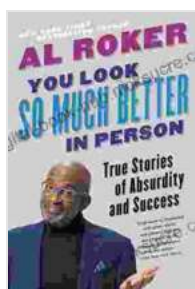
So, what's the reason for this discrepancy? There are actually a number of factors that can contribute to the "you look so much better in person" effect.

- **Lighting and makeup.** Lighting and makeup can make a big difference in how someone looks in photos. In general, people tend to look better in well-lit photos with professional makeup. However, in real life, people don't always have the benefit of perfect lighting and makeup. As a result, they may not look as good in person as they do in their photos.
- **Posing and angles.** The way someone poses and the angle from which they are photographed can also affect how they look in photos. For example, people tend to look thinner and more attractive when they are photographed from above. However, in real life, people don't always have the opportunity to pose and choose the best angles. As a result, they may not look as good in person as they do in their photos.
- **Filters and editing.** Many people use filters and editing software to improve their photos. These tools can make people look thinner, have smoother skin, and appear more attractive. However, these effects are

not always realistic. In real life, people don't always look as good as they do in their filtered and edited photos.

- **Expectations.** Our expectations can also affect how we perceive people in person. If we meet someone who we have seen in photos before, we may have certain expectations about how they will look. If they don't meet those expectations, we may be disappointed. However, if we meet someone without any expectations, we may be more likely to see them as they truly are.

The "you look so much better in person" effect is a reminder that we should not judge people based on their photos. People are often more complex and beautiful in person than they appear in their photos. So, next time you meet someone, try to see them for who they really are, not just for how they look in their photos.



## You Look So Much Better in Person: True Stories of Absurdity and Success by Al Roker

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1512 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 197 pages
Screen Reader	: Supported
X-Ray	: Enabled



**What does the "you look so much better in person" effect say about our perceptions of beauty?**

The "you look so much better in person" effect says a lot about our perceptions of beauty. It shows that we are often too quick to judge people based on their appearance. We also tend to have unrealistic expectations about how people should look. This can lead to us being disappointed when we meet people in person.

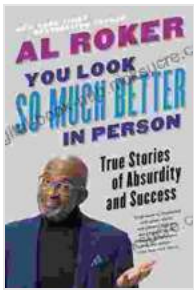
The "you look so much better in person" effect is a reminder that beauty is more than just skin deep. It is about who you are as a person, and how you make others feel. So, next time you meet someone, try to see them for who they really are, not just for how they look. You may be surprised at how beautiful they truly are.

### **How can we overcome the "you look so much better in person" effect?**

There are a few things we can do to overcome the "you look so much better in person" effect.

- **Be realistic about your expectations.** Don't expect people to look perfect in person. Everyone has flaws.
- **Focus on the person's personality.** Get to know the person beyond their appearance.
- **Remember that beauty is subjective.** What one person finds beautiful, another person may not.
- **Be confident in yourself.** Don't compare yourself to others. Everyone is beautiful in their own way.

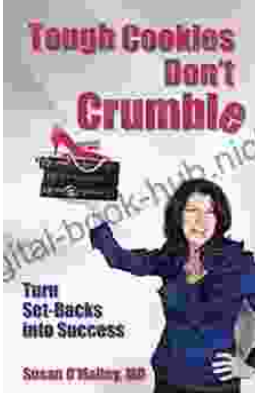
By following these tips, you can overcome the "you look so much better in person" effect and see people for who they truly are.



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