

Meghan Trainor used to pile on clothes due to her being insecure

The 22-year-old singer would even cover up in thick sweatshirts in sweltering heat because she hated the thought of people seeing her body, in particular her arms. She said: "I - every day - wore sweatshirts and sweatpants to cover up my body because I was so insecure. And it would be summer. And I would go on vacation and I'd be in Trinidad and Tobago, 90-degree weather, and I'd be wearing sweatshirts. I didn't want to show my arms. I didn't want to show anything, and I was just so insecure and uncomfortable. I thought, like, 'All right, if I'm fully covered - I'm good.' And that's not what I should have been feeling." These days, Meghan is proud of the letters she receives from her fans who tell her how her track 'All About That Bass' helped with their own confidence and body image issues, and they inspire her to be a role model. She told the 'CBS Sunday Morning': "I get messages all the time, 'I hated myself, I didn't want to go to school. I was so uncomfortable, and now I love myself. And I was in a really dark place until your song came out.' And I was like, 'Whoa, man, we've got to do more of these. We've got to do more of these songs.'"



Gal Gadot's mother has been a 'major influence' in her life



The 'Wonder Woman' star who hails from Israel credits her family for her making her dream big, but especially her mum, who taught her and her sister to be "ambitious". She said: "My mother has been a major influence in my life and that of my sister. Both my father and mother raised us to be very capable and independent women with a strong sense of ourselves and a positive outlook on life. That kind of spirit is very important. I grew up in believing in myself and thing that I would be able to accomplish the goals I set out for myself. My mother was the one who taught me to have big dreams and go out into the world with a sense of adventure." The actress who rose to fame as Gisele in

'The Fast and the Furious' franchise - thinks the values her mother instilled in her have helped her. Speaking about her Wonder Woman character, she said: "She's the ultimate symbol of a strong, smart, and serious woman. She represents the kind of woman who is independent and highly capable, someone who can handle herself in very difficult conditions and doesn't need to rely on a man to rescue her." Gal will debut as the super heroine this month in 'Batman v. Superman: Dawn of Justice' followed by her standalone 'Wonder Woman' movie next year, and says when she feels overwhelmed with the work she has on, she thinks back to the lessons her mother has instilled her.

Charlize Theron won't compromise herself for a guy

The 40-year-old actress who has been single since splitting from Sean Penn last year admits some men are intimidated by her but she thinks their reactions are to do with their own "insecurities" and she'd never give up on her own big dreams to make them happier. Charlize stated: "Some [men find me intimidating]. I've met all types of men in my life. What I've found is that most men's reactions to me are a reflection of their own insecurities and have nothing to do with me and really speak to their character and not mine. I've never tried to appear less forceful or be less assertive in order to make a man feel more secure. I have always dreams big and wanted to make the best of my life. I never wanted to compromise; I would not be happy. I've always wanted a man who recognizes my dreams and goals, appreciates all those aspects of my character and is confident enough in his own self not to feel threatened." Charlize is embracing being in her 40s and the 'Huntsman: Winter's War' star who has adopted children Jackson, four, and baby August, who was born last year thinks Hollywood is finally "beginning to recognize" good roles for older women. She added to HELLO! magazine: "I'm much happier in my 40s than I was in my 20s. As an actress, I have more opportunities than ever and I think Hollywood is beginning to realize that actresses don't die at 40. We've got to continue making progress and find more great roles for women that reflect our strength and importance in society."



The 29-year-old singer, who was raped at 19-years-old, was joined onstage at the Academy Awards by other victims of sexual abuse during her performance of 'Till It Happens To You'. Some of the group members permanently inked their body to mark the occasion and celebrate their strength. Meanwhile, the 'Pokerface' songstress previously revealed some of her family only found out that she had been raped after her performance at the Oscars. She said: "My grandmother and my Aunt Sheri both called me the day after

the Oscars because I never told them I was a survivor. I was too ashamed. Too afraid. And it took me a long time to even admit it to myself because I'm Catholic and I knew it was evil but I thought it was my fault. I thought it was my fault for ten years. The morning after the Oscars when I talked to my grandmother Ronnie, with tears in her eyes I could hear them welling through the phone she said to me "My darling granddaughter, I've never been more proud of you than I am today." (sic)