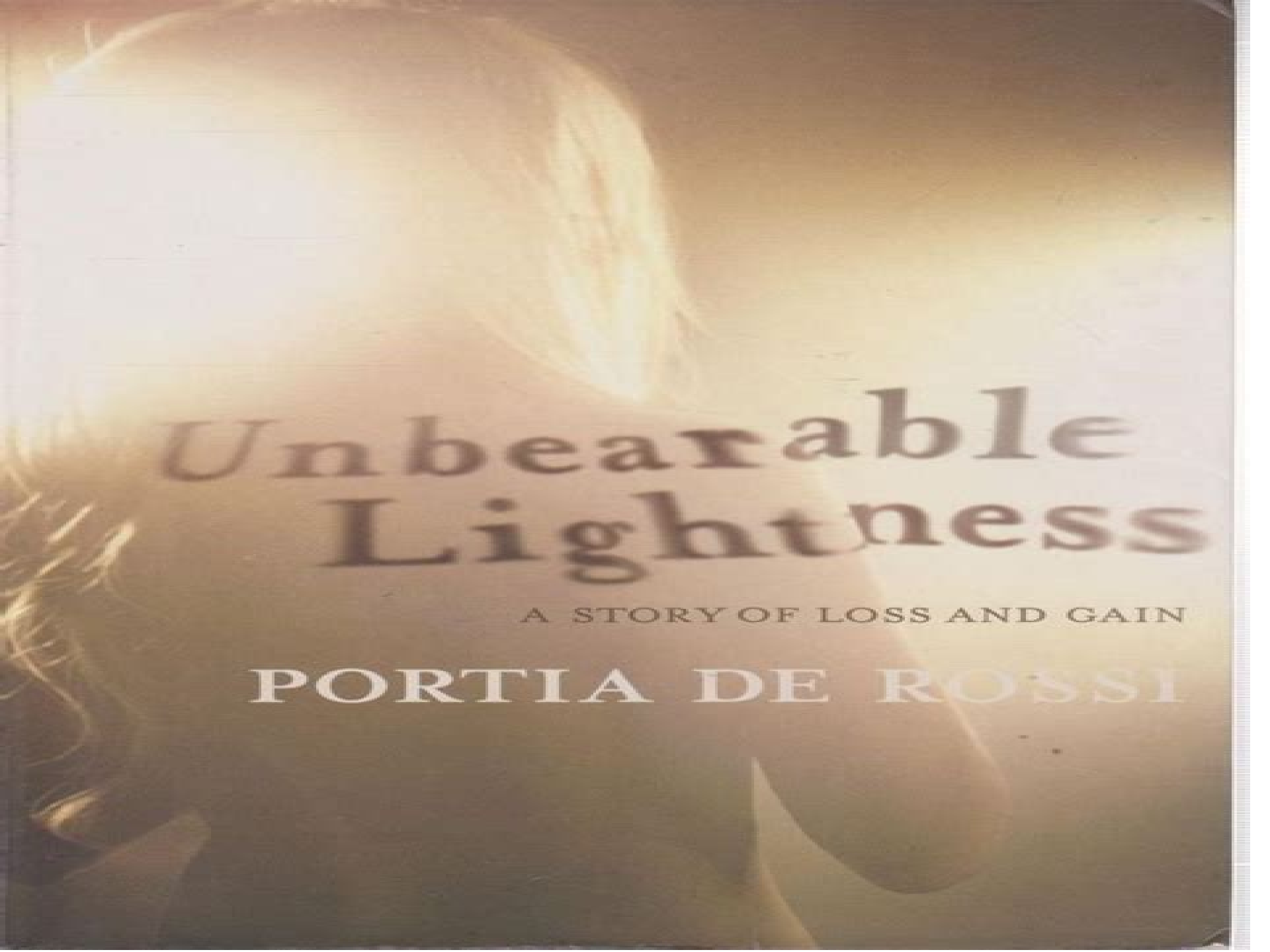




Unbearable Lightness

A STORY OF LOSS AND GAIN

PORTIA DE ROSSI

Unbearable Lightness A Story Of Loss And Gain

Jessica R. Greene



Unbearable Lightness A Story Of Loss And Gain:

Unbearable Lightness Portia de Rossi, 2011-03-03 I didn't decide to become anorexic. It snuck up on me disguised as a healthy diet, a professional attitude. Although there was a certain glamour to anorexics, I didn't want to be one. I just wanted to excel in dieting. And weighing in at 80 pounds on 300 calories a day, I was the best little dieter there ever was. In scalding prose, Portia de Rossi reveals the pain and illness that haunted her for decades. She alternately starved herself and binged, putting her life in danger and lying to herself and everyone around her about the depth of her illness. From her lowest point, Portia began the painful climb back to health and happiness, ultimately falling head over heels in love with Ellen DeGeneres. In this remarkable and landmark book, she tells a story that inspires hope and nourishes the spirit. *Anorexia and Bulimia* Kristen Rajczak Nelson, 2019-07-15 It's confusing and scary when someone seems to be choosing not to eat, but what's at work inside them is more than a decision. Eating disorders are serious mental health conditions, and those with anorexia and bulimia need help and compassion, not tough love. Annotated quotes, engaging graphic elements, and sidebars help readers learn about the many causes and symptoms of these eating disorders, as well as the medical issues they can cause. Treatment outcomes are also covered, along with anecdotes of hope from those who have survived. Help your readers understand these two most deadly eating disorders and provide those struggling with these disorders positive guidance for a better life.

Story by Story Thomas Alderson Davis, Robert Arnold Johnson, 2019-07-12 This volume brings together two authors: one a psychiatrist, one a philosopher, to listen to one another's reading of five stories of what it's like to bear a different mental or physical illness. The beginning story or anchor for the conversation that unfolds between them is that of a person subject to recurring spells of catatonia, the uncanniest of human conditions. They discover that truly understanding what an illness is calls for understanding it within the context of who suffers it; that to understand illness is to establish the right relation between what is being suffered and who is suffering it. This deceptively simple way of talking, which is labelled 'who/what talk', will prove more practical and more clarifying than will terms like 'mental' and 'physical'. Furthermore, it has this additional dividend: it intrinsically resists a temptation toward medical prejudice, the inclination for doctors and other caregivers to lose the 'who' of the sufferer through their focus on the 'what' of her illness. **History** Anna Greenwood, 2023-10-06 History has been a source of cultural fascination since ancient times, however little attention has been paid to its potential as a positive force for health and wellbeing at least until now. Presenting the benefits of historical engagement and practical tips for making the most of it, Anna Greenwood considers the power this discipline has to spur better health outcomes. A ground-breaking work for history buffs and healthcare providers alike, this new instalment in the Arts for Health series by one of the leading scholars in modern health history advocates for history's ability to deepen sympathies, broaden imaginations, and create community beyond the customary restrictions of time and geography. **Eating Disorders** Jessica R. Greene, 2014-08-14 It has been estimated that as many as 15 million people suffer or will suffer from anorexia and bulimia at

some point in their lives Additional statistics suggest that 25 million more suffer from binge eating and other related behaviors The overwhelming majority of individuals who suffer from eating disorders are girls and young women between the ages of 12 and 25 but young males are not immune to these addictions and the statistics grow more alarming every year Eating disorders affect not only those who suffer from them but family members and friends who feel powerless to help In Eating Disorders The Ultimate Teen Guide Jessica R Greene offers hope for the young women and men who have engaged in these self destructive urges In this book Greene examines the causes and varieties of teen eating disorders and offers advice on how to overcome them The author looks at how eating disorders are defined how common they are and how they are tied into behavioral addictions In addition to explaining how and why certain people suffer from these compulsions this book looks at Social and Cultural Pressures High Risk Groups Myths and Stereotypes Health Repercussions Methods of Prevention Intervention Strategies Treatment Options Recovery Intended to serve as a comprehensive guide this book also includes a list of resources for teens and their parents Drawing on input from experts in the field as well as real life stories Eating Disorders The Ultimate Teen Guide will help young adults who are struggling with this devastating affliction **The Publishers Weekly** ,2010 *Food Junkies* Vera Tarman,2019-01-05 A fact filled guide to coping with compulsive overeating problems by an experienced addictions doctor who draws on many patients stories of recovery Overeating binge eating obesity anorexia and bulimia Food Junkies tackles the complex poorly understood issue of food addiction from the perspective of a medical researcher and dozens of survivors What exactly is food addiction Is it possible to draw a hard line between indulging cravings for comfort food and engaging in substance abuse For people struggling with food addictions recognizing their condition remains a frustrating battle This revised second edition contains the latest research as well as practical strategies for people facing the complicated challenges of eating disorders and addictions offering an affirming and manageable path to healthy and sustainable habits *Digital Talking Books Plus* ,2013 **Talking Book Topics** ,2013 **New Books on Women, Gender and Feminism** ,2013 *New Books on Women and Feminism* ,2013 The Spectator ,1896 The New York Times Index ,1988 **Canadian Periodical Index** ,1995 *Loss and Gain* Anonymous,2018-10-07 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public To ensure a quality reading experience this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy to read typeface We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant *Let Go* Arjan Jan Johannes Dasselaar,2016 **Das schwere Los der Leichtigkeit** Portia De Rossi,2011 Portia

de Rossi wog nur noch 38 Kilogramm als sie am Set einer Hollywood Produktion zusammenbrach Nach außen hin war sie blond schlank und schön glamourös und erfolgreich Doch innerlich war sie fast tot Sie beschreibt unaufgeregt und eindringlich wie der Druck Hollywoods dazu zu sein in Kombination mit ihrer geheim gehaltenen Homosexualität dazu führte dass sie sich in ihrer Haut nie wohlfühlte und immer tiefer in die Magersucht hineinrutschte Das Abnehmen wurde für sie zur einzigen Möglichkeit Macht und Kontrolle über ihr Leben zu haben bis es zu einer Krankheit wurde die sie beinahe tötete und ihre Familie zerstörte In ungewöhnlich offenen mutigen Worten erzählt de Rossi mit erzählerischem Feingefühl ihre Geschichte und lässt uns tief in ihre Seele und ihr Leben als Hollywoodstar blicken Sie lässt uns die verquere Logik ihres täglichen Strebens nach Perfektion verstehen und die Anstrengung wertschätzen die sie zur Überwindung ihrer Probleme aufwenden musste Eine erschreckende und zugleich hoffnungsvolle Geschichte für alle die auf Kriegsfuß mit sich selbst oder ihrem Körper stehen Portia de Rossi wurde in Australien geboren und ist eine bekannte Hollywood Schauspielerin Ihre berühmteste Rolle war die der Nelle Porter in der Kultserie Ally McBeal Sie lebt mit ihrer Ehefrau der Moderatorin Ellen DeGeneres in Los Angeles

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