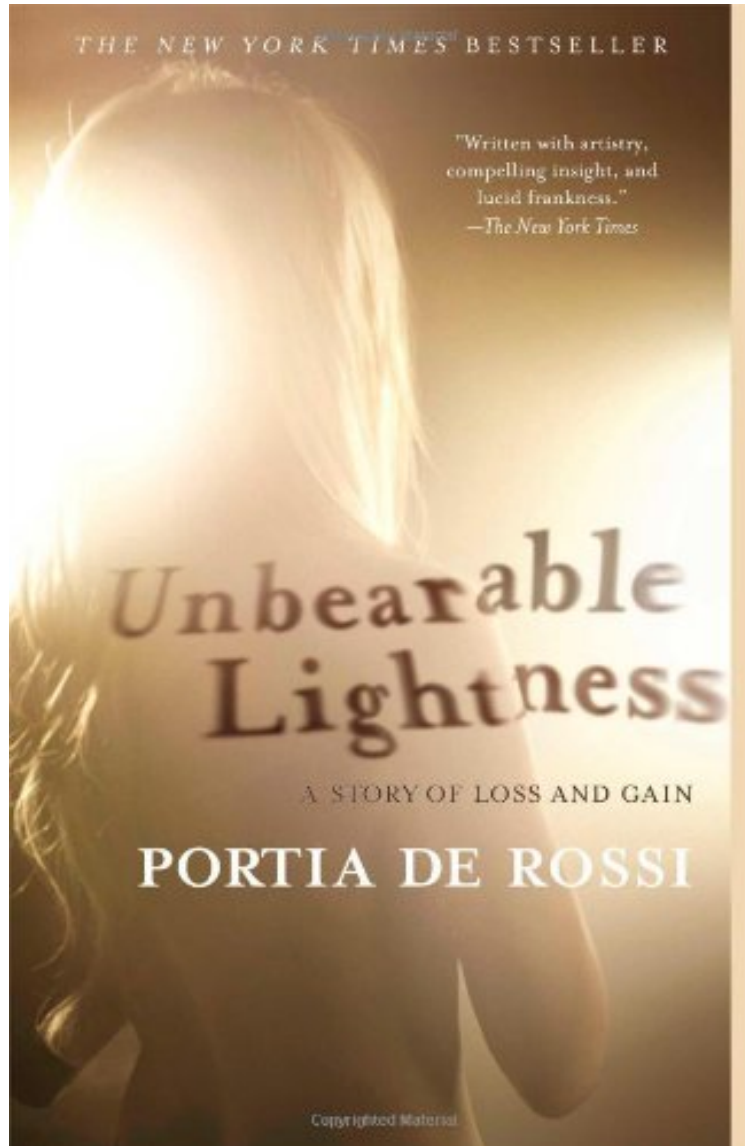


[Free] Unbearable Lightness: A Story of Loss and Gain

Unbearable Lightness: A Story of Loss and Gain

Portia de Rossi

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#88865 in Books De Rossi Portia 2011-07-05 2011-07-05Original language:EnglishPDF # 1 8.44 x .90 x 5.50l, .65 #File Name: 1439177791320 pagesUnbearable Lightness A Story of Loss and Gain | File size: 22.Mb

Portia de Rossi : Unbearable Lightness: A Story of Loss and Gain before purchasing it in order to gage whether or not it would be worth my time, and all praised Unbearable Lightness: A Story of Loss and Gain:

0 of 0 people found the following review helpful. Anorexia - A Journey from Sad Beginning to Happy Ending - Wife of Ellen DegeneresBy Ann - North CarolinaThis is a page turner. Excellent description of anorexia and pulling out of it. Author is wife of Ellen Degeneres. Well written and interesting. I was glad to read she got through it and is now

healthy. 1 of 1 people found the following review helpful. brutally honest, compelling, inspiring By Lindsay S. Nixon I have a soft spot for memoirs, I admit and having always been torn with my own body image, I wasn't sure this memoir would be "healthy" (shall we say) for me to read it. I'm glad I did. Portia's brute honesty is powerful--shocking--- courageous and refreshing. While she does ramble at times, I think that is her way--her voice. Often it was just as I was like "Alright Portia, lets get to the next point" that she'd say something so insightful, so spot-on and intuitive... that I was compelled to mass-email her pearls of wisdom to every woman I know. An absolute must-read for any woman who has dared to hate even a small part of herself. 0 of 0 people found the following review helpful. Honestly Open and Beautiful By Lauren Renfro Portia's story of learning to accept herself for who she is, as well as delving into the mind of someone suffering from such a horrible disorder is one that I think resounds with a lot of people. These stories aren't told as often because as a society we tend to shame those that don't fit a certain mold. So to see such a public figure tell her side of the story and everything she went through is such a wonderful change of pace. But more importantly, I think her story can show people that are also dealing with similar problems that there is hope, that there is help. Her writing was so raw and unfiltered and honest it put me to tears on more than one occasion, and I couldn't put down the book until it was over.

In this searing, unflinchingly honest New York Times bestseller, actress Portia de Rossi shares the truth of her long battle to overcome anorexia and bulimia while living in the public eye, and details the new happiness and health she has found in recent years including her coming out and her marriage to Ellen DeGeneres. Now in paperback, the New York Times bestselling memoir from Portia de Rossi explores the truth of her long battle to overcome anorexia and bulimia an unusually fresh and engrossing memoir of both Hollywood and modern womanhood (Los Angeles Times, 5 stars). In this groundbreaking memoir, Portia de Rossi reveals the pain and illness that haunted her for decades, from the time she was a twelve-year-old girl working as a model in Australia, through her early rise to fame as a cast member of the hit television show *Ally McBeal*. All the while terrified that the truth of her sexuality would be exposed in the tabloids, Portia alternately starved herself and binged, putting her life in danger and concealing from herself and everyone around her the seriousness of her illness. She describes the elaborate rituals around food that came to dominate hours of every day and explores the pivotal moments of her childhood that set her on the road to illness. She reveals the heartache and fear that accompany a life lived in the closet, a sense of isolation that was only magnified by her unrelenting desire to be ever thinner, ever more in control of her body and the number of calories she consumed and spent. From her lowest point, Portia began the painful climb back to a life of health and honesty, falling in love and marrying Ellen DeGeneres and emerging as an outspoken and articulate advocate for gay rights and women's health issues. In this remarkable and landmark book, she has given the world a story that inspires hope and nourishes the spirit.

From Publishers Weekly De Rossi, star of such television shows as *Ally McBeal* and *Arrested Development*, reads her memoir of life in the spotlight and closet, her struggles to conceal her homosexuality and eating disorder, coping with burgeoning fame, and meeting-and marrying- Ellen DeGeneres. Her voice is girlish, slightly nasal, and clarion; she takes us through her darkest moments with astonishing frankness, allowing shame and vulnerability to creep into her voice. She seems to be confessing rather than merely reading. It's a deeply affecting performance--save for some hammy vocal characterizations. An Atria hardcover. (Nov.) (c) Copyright PWxyz, LLC. All rights reserved. From Booklist Anorexia was my first love, de Rossi declares in her memoir of her early Hollywood career and the eating disorders that went along with it. Her unflinching self-portrait depicts a cripplingly self-conscious young Australian in LA overwhelmed by the pressure to be thin. Never comfortable in her own skin, a by-product of her status as a closeted lesbian, de Rossi was sure if she ever gained weight (or came out as being gay), the shooting star she'd been cultivating would turn to lead. Weight loss was the key that allowed de Rossi to feel powerful and in control, until dieting became a sickness that nearly killed her and devastated her family. De Rossi's story and words are not revolutionary, but they are frank, brave, and revelatory of the unhealthy trends that stardom can generate. Although more development of de Rossi's happy ending (her eventual complete recovery, self-acceptance, coming-out, and marriage to Ellen DeGeneres) would be welcome, the book succeeds as its intended: a journal of her sickness and a provocatively sad love affair with dieting. --Annie Bostrom Written with artistry, compelling insight and lucid frankness, [Unbearable Lightness] offers solid hope and inducement to initiate the odyssey toward self-knowledge and acceptance. The New York Times A stark, well-written portrait of how De Rossi lost control of her life as she became consumed by her struggle for perfection and acceptance. Washington Post In prose as simply elegant and as powerful as a little black dress, De Rossi weaves together three themes: the impact of a loving, but lonely girlhood as the child of a single mother, the corrosive effect of constant doubts about her appearance and the internal struggle over her sexuality. Los Angeles Times (5 star review) De Rossi's attention to detail is hypnotic. USA Today The blunt, pity-free matter-of-factness with which de Rossi shares secrets and lies about her eating disorders and her sexuality makes this forthright confessional story at once shocking and instructional, especially for younger women who may be secretly suffering on their own. Entertainment Weekly De Rossi artfully draws the reader into the tension of a life lived in secrecy...her story

is a cautionary tale, an inspiration, and a triumph. Publishers Weekly An unflinching self-portrait...frank, brave, and revelatory. Booklist Breathtakingly honest, brutal and beautiful. Jonathan Safran Foer De Rossi tells her story with genuine insight and unflinching honesty. You will cheer her on. Jeannette Walls De Rossis memoir reminds us that fame and celebrity are no substitute for feeling comfortable in ones own skin. Jodi Picoult Quite possibly the best book on the subject ever written. It will serve as life-changing inspiration for many. Augusten Burroughs