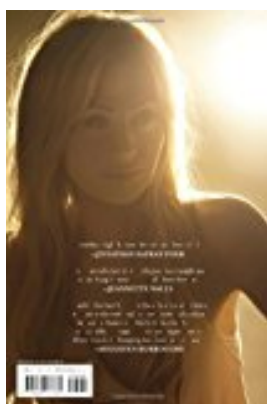


[PDF] Unbearable Lightness: A Story Of Loss And Gain

Portia De Rossi - pdf download free book



Books Details:

Title: Unbearable Lightness: A Story
Author: Portia De Rossi
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Description:

From Publishers Weekly The author, an actor in movies and TV, (including *Ally McBeal*, *Arrested Development*, and *Better Off Ted*), model, and gay rights advocate, writes that "playing the role of heterosexual while fantasizing about being a homosexual had been my reality since I was a child." It's one she played into her 20s, when she was for three years married to a man. Now, she is married to Ellen DeGeneres, whom she met in 2001 after recovering from anorexia and bulimia. De Rossi nicely chronicles the years in between, during which she starved herself to 80 pounds. She artfully

draws the reader into the tension of a life lived in secrecy: did anybody notice she lunges rather than walks, the better to burn calories? will anyone guess she is gay? when she nearly fainted, was anyone around? While some details could be viewed as anorexia how-tos, they make it possible to comprehend the twisted logic of de Rossi's frantic daily pursuits, and grasp the enormity of her achievement in overcoming her problems. The path de Rossi took to her happy ending is well worth reading about: her story is a cautionary tale, an inspiration, and a triumph. (Nov.)

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From "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 it's intended: a journal of her sickness and a provocatively sad love affair with dieting. -- Annie Bostrom

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