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"Written with artistry,
compelling insight, and
honest frankness."
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Unbearable Lightness

A STORY OF LOSS AND GAIN

PORTIA DE ROSSI

Portia de Rossi

Unbearable Lightness: A Story of Loss and Gain



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“ She reveals the heartache and fear that accompany a lifestyle lived in the closet, a sense of isolation that was just magnified by her unrelenting need to be ever slimmer, ever more in charge of her body and the number of calorie consumption she consumed and spent. In this remarkable, landmark book, she has given the globe a tale that inspires wish and nourishes the spirit. —LA Instances In this searing, unflinchingly honest memoir, actress Portia de Rossi shares the reality of her long fight to overcome anorexia and bulimia even though living in the general public eye, and information the brand new happiness and wellness she has within latest years— From her lowest point, Portia started the painful climb back to a existence of health insurance and honesty, dropping in like and marrying Ellen DeGeneres and emerging as an outspoken and articulate advocate for gay privileges and women’In this groundbreaking memoir, Portia de Rossi reveals the pain and illness that haunted her for many years, from enough time she was a twelve-year-old girl working as a model in Australia, through her early rise to fame as a cast person in the hit tv program Ally McBeal. All the while terrified that the reality of her sexuality will be uncovered in the tabloids, Portia alternately starved herself and binged, putting her lifestyle in peril and concealing from herself and everyone around her the seriousness of her illness. She describes the elaborate rituals around meals that found dominate hours of each time and explores the pivotal moments of her childhood that set her on the road to disease. An unusually refreshing and engrossing memoir of both Hollywood and contemporary womanhood.including her coming out and her relationship to Ellen DeGeneres.s medical issues.”



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