

Unbearable Lightness Of Being Portia De Rossi

“Nothing short of riveting...an engrossing first-person account by one of our finest actors” (Huffington Post)—both a coming-of-age story and a meditation on creativity, devotion, and craft—Bryan Cranston, beloved and acclaimed star of one of history’s most successful TV shows, *Breaking Bad*. Bryan Cranston began his acting career at the age of seven, when his father, a struggling actor and sometime director, cast him in a commercial for United Way. By fifth grade he was starring in the school play, spending hours at the local movie theater, and re-enacting favorite scenes with his brother in their living room. Cranston seemed destined to be an actor. But then his father left. And his family fell apart. Troubled by his father’s missteps, Cranston abandoned his acting aspirations and resolved to pursue a steadier career in law enforcement. Then, on a two-year cross-country motorcycle journey, Cranston re-discovered his talent for acting and found his mission and his calling. In this “must-read memoir” (*The Philadelphia Inquirer*), Cranston traces the many roles he inhabited throughout his remarkable life, both on and off screen. For the first time he shares the story of his early years as an actor on the soap opera *Loving*, his recurring spots on *Seinfeld*, and his time as bumbling father Hal on *Malcolm in the Middle*, to his tour-de-force, Tony-winning performance as Lyndon Baines Johnson in Broadway’s *All the Way*, to his most iconic role of all: *Breaking Bad*’s Walter White. “An illuminating window into the actor’s psyche” (*People*), Cranston has much to say about creativity, devotion, and craft, as well as innate talent and its challenges and benefits and proper maintenance. “By turns gritty, funny, and sad” (*Entertainment Weekly*), ultimately *A Life in Parts* is a story about the joy, the necessity, and the transformative power of simple

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hard work.

Emily Halban developed anorexia in her final year at school. She went on to university at Oxford where her disease took on a powerful dimension and by her final year she was so debilitated that she had to sit her exams in a separate room where she could be fed continuously throughout each one. With heartbreaking candour and poignant intimacy, Emily vividly chronicles the complexities and inner struggles of living with anorexia. Two years on, she traces her disease from its elusive origins, through its darkest moments of deprivation, guilt and self-loathing, and finally recounts her journey towards recovery. Emily allows us to understand what it's really like to suffer from anorexia, exposing its secrets and dispelling some of the myths that shroud it. Alive with self-awareness, but never self-pity, Perfect is an inspiring read that will help those battling with the horrors of anorexia find a way out, and those on the outside to understand more.

In this inspiring and cautionary memoir, one of the world's top plus-size models relates her former life as a Size 00 model and her battles with eating disorders and delivers a universal message about body image, beauty, and self-confidence.

The Death of the Heart is perhaps Elizabeth Bowen's best-known book. As she deftly and delicately exposes the cruelty that lurks behind the polished surfaces of conventional society, Bowen reveals herself as a masterful novelist who combines a sense of humor with a devastating gift for divining human motivations. In this piercing story of innocence betrayed set in the thirties, the orphaned Portia is stranded in the sophisticated and politely treacherous world of her wealthy half-brother's home in London. There she encounters the attractive, carefree cad Eddie. To him, Portia is at once child and woman, and her fears her gushing love.

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To her, Eddie is the only reason to be alive. But when Eddie follows Portia to a sea-side resort, the flash of a cigarette lighter in a darkened cinema illuminates a stunning romantic betrayal--and sets in motion one of the most moving and desperate flights of the heart in modern literature.

If you restrict, binge, purge, excessively diet or weigh yourself, exercise compulsively, or engage routinely and obsessively in any other food or weight related behaviors, this book will help you find the road to recovery. The authors, one a former patient of the other, both have their own histories battling the disorder. Interweaving personal narrative with the perspective of their own therapist-client relationship, their insights bring an unparalleled depth of awareness into just what it takes to successfully beat this clinical issue.

More than five million adolescent girls struggle with eating dis-orders, and more than 80 percent of American women are unhappy with their bodies. Christie Pettit knows these statistics firsthand. As a college student with a tennis scholarship, she found herself eating less and less, compulsively exercising, and spiraling downward in a dangerous battle against anorexia. She was starving--but she didn't know it. Now with a two-color interior, Empty recounts Christie's gripping story, incorporating new statistics, reflections from her journal, and biblical insight. Her candid retelling of her experience shows the spiritual dimension of eating disorders and describes how Christie turned to the Bible as a source of strength and encouragement to help her overcome anorexia. Pastors, parents, counselors, and those battling anorexia--especially teen girls--will find hope and wise counsel in Christie's compelling story.

International bestseller! In her groundbreaking debut essay collection, actress Lily

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Collins—Golden Globe-nominated star of *Rules Don't Apply*, *Mortal Instruments*, and *To the Bone*—is opening a poignant, honest conversation about the things young women struggle with: body image, self-confidence, relationships, family, dating, and so much more. Lily shares her life and her own deepest secrets, underlining that every single one of us experiences pain and heartbreak. We all understand what it's like to live in the light and in the dark. For Lily, it's about making it through to the other side, where you love what you see in the mirror and where you embrace yourself just as you are. She's learned that all it takes is one person standing up and saying something for everyone else to realize they're not alone. By turns hilarious and heartbreaking, Lily's honest voice will inspire you to be who you are and say what you feel. It's time to claim your voice! It's time to live your life unfiltered.

From Joanie's Marilyn Monroe-esque pencil skirts to Betty's classic Grace Kelly cupcake dresses, the clothes worn by the characters of the phenomenal *Mad Men* have captivated fans everywhere. Now, women are trading in their khakis for couture and their pumas for pumps. Finally, it's hip to dress well again. Emmy-Award winning costume designer Janie Bryant offers readers a peek into the dressing room of *Mad Men*, revealing the design process behind the various characters' looks and showing every woman how to find her own leading lady style--whether it's vintage, modern, or bohemian. Bryant's book will peek into the dressing room of *Mad Men* and reveal the design process behind the various characters' looks. But it will also help women learn how fashion can help convey their personality. She will help them cultivate their style, including all the details that make a big difference. Bryant offers advice to ensure that a woman's clothes convey her personality. She covers everything from where to find incredible vintage clothing and accessories to how to pair those authentic pieces with

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modern shoes and jeans. Readers will learn how to find their perfect bra size, use color to convey a mood, and invest in the ten essentials every woman should own. And just so the ladies don't leave their men behind, there's even a section on making them look a little more Don Draper-dashing. O:P

Case Studies in Abnormal Psychology presents a broad range of cases drawn from the clinical experience of authors Kenneth N. Levy, Kristen M. Kelly, and William J. Ray to take readers beyond theory into real-life situations. The authors take a holistic approach by including multiple perspectives and considerations, apart from those of just the patient. Each chapter follows a consistent format: Presenting Problems and Client Description; Diagnosis and Case Formulation; Course of Treatment; Outcome and Prognosis/Treatment Follow-up; and Discussion Questions. Providing empirically supported treatments and long-term follow-up in many case studies gives students a deeper understanding of each psychopathology and the effects of treatment over time.

Unbearable LightnessA Story of Loss and GainAtria Books

A woman suffering from anorexia struggles to understand the cause of her eating disorder and, more importantly, becomes determined to stop starving and start living. I haven't tasted chocolate for over ten years and now I'm walking down the street unwrapping a Kit Kat . . . Remember when Kate Moss said, "Nothing tastes as good as skinny feels"? She's wrong: chocolate does. At the age of thirty-three, after ten years of hiding from the truth, Emma Woolf finally decided it was time to face the biggest challenge of her life. Addicted to hunger, exercise, and control, she was juggling a full-

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blown eating disorder with a successful career, functioning on an apple a day. Having met the man of her dreams, and wanting a future and a baby together, she decided it was time to stop starving and start living. Honest, hard-hitting, and spoken from the heart, *An Apple a Day* is a manifesto for the modern generation to stop starving and start living.

An editor at *This American Life* reveals the searing story of the secret binge-eating that dominated her adolescence and shapes her still. “Her tale of compulsion and healing is candid and powerful.”—**People NAMED ONE OF THE BEST BOOKS OF THE YEAR BY MARIE CLAIRE** For almost thirty years, Susan Burton hid her obsession with food and the secret life of compulsive eating and starving that dominated her adolescence. This is the relentlessly honest, fiercely intelligent story of living with both anorexia and binge-eating disorder, moving past her shame, and learning to tell her secret. When Burton was thirteen, her stable life in suburban Michigan was turned upside down by her parents’ abrupt divorce, and she moved to Colorado with her mother and sister. She seized on this move west as an adventure and an opportunity to reinvent herself from middle-school nerd to popular teenage girl. But in the fallout from her parents’ breakup, an inherited fixation on thinness went from “peculiarity to pathology.” Susan entered into a painful cycle of anorexia and binge eating that formed a subterranean layer to her sunny life. She went from success to success—she went to Yale, scored a dream job at a magazine right out of college, and married her college boyfriend. But in

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college the compulsive eating got worse—she'd binge, swear it would be the last time, and then, hours later, do it again—and after she graduated she descended into anorexia, her attempt to “quit food.” Binge eating is more prevalent than anorexia or bulimia, but there is less research and little storytelling to help us understand it. In tart, soulful prose Susan Burton strikes a blow for the importance of this kind of narrative and tells an exhilarating story of longing, compulsion and hard-earned self-revelation. Recounts the former Rockette's experience battling bulimia, discussing the toll it took on her personal and professional life and the means by which she chose to hide the disease--including cheating, lying, and stealing.

Scouted in the street when she was 17, Victoire Dauxerre's story started like a teenager's fantasy: within months she was strutting down the catwalks of New York's major fashion shows. But when fashion executives and photographers forced her to become ever thinner, Victoire's dream became a nightmare.

While many books describe the emotional and physical damage of eating disorders, this book describes recovery. Psychologist Sheila Reindl has listened intently to women's accounts of recovering and argues that people with bulimia nervosa need to develop a sense of self--to attune to their physical, psychic, and social self-experience. My name is Lucy. I am in recovery from anorexia nervosa and major depression, each of which almost killed me. So begins *Biting Anorexia*, an extraordinary account of a teenage girl's descent into the tortured existence of anorexia and her arduous,

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remarkable recovery. Much of this unflinchingly candid memoir is ripped directly from the pages of author Lucy Howard-Taylor's diary as she struggled with the torturous condition, offering a rare glimpse into the thoughts and fears that grip the minds of those struggling with anorexia, the most fatal of all psychiatric illnesses. Tinged with a wicked sense of humor, Lucy's beautifully written, penetrating insights capture the overpowering anxiety that comes with anorexia and reveal the challenge of recovery. This courageous and compelling story will inspire and support those troubled with the condition, and their family and friends, the world over. ... a graphic yet poetic insight into the pain and suffering experienced by sufferers of eating disorders. --Claire Vickery, CEO and founder of The Butterfly Foundation

Weight has always been a big issue in Carmen's life. Not surprising when her mum is obsessed with the idea that thin equals beauty, thin equals success, thin equals the way to get what you want. And somehow her daughter is going to be thin. When her mother sweeps her off to live in the city, Carmen finds her old world disappearing. With everything to gain and absolutely nothing to lose. Carmen starts to ask: if she was thin, very thin, could it all be different? A new cover edition of Julia Bell's critically acclaimed YA novel, *Massive*, published to coincide with the release of Julia's new book, *The Dark Light* 'Bell's debut novel is tough, grimy and truthful as it looks at three women in the same family with food problems' *Guardian* '. . . boldly yet sensitively explores complex interactions between emotional and nutritional needs . . . perceptive and disturbing'

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Bookseller ' . . . told with sympathy and humour . . . manages to be enjoyable as well as thought-provoking' Big Issue

A compressed, visceral novel about exile, dislocation, and the emotional minefields between mothers and daughters.

Jenni is an average teenage girl about to graduate from high school who keeps a blog about her struggles to get a boyfriend and arguments with her best friend, Carly. But Jenni's blog is a bit different. She's a pro-ana/pro-mia blogger documenting her struggles with her eating disorder, keeping track of her weight, calorie intake and what her parents made her eat. When her best friend Carly discovers her blog, things start to blow up, only getting worse as Jenni meets Dani, who also suffers from an eating disorder. Jenni's story is tragic and sarcastic rolled into blog format and told through her posts and text messages.

Born Mandy Rodgers just outside of Geelong, Portia de Rossi is one of Hollywood's most intriguing and talked about stars. Finding early success in the Australian film *Sirens*, Portia went on to star in the hit television series *Ally McBeal*, as well as the cult hit *Arrested Development*, launching her Hollywood career - and eventual high-profile marriage to Hollywood mega-star Ellen DeGeneres. But behind her success, Portia was plagued by self doubt, depression, anorexia and bulimia. Starving herself and terrified of being 'outed' by the press, Portia lived a Hollywood nightmare for years. "There is no lonelier place than living with an eating disorder. It forces you to hide from everyone out

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of fear that someone might see through your controlled exterior to the festering, flesh-eating disease that lurks just under the skin. I can't express how shameful it is for the self-controlled over-achiever to find herself at a supermarket parking lot on the floor of the backseat of her car stuffing a succession of muffins in her mouth then vomiting in a plastic bag and dropping it into a trash can - all the while terrified that paparazzi were capturing the whole disgusting ritual." - Portia de Rossi *Unbearable Lightness* is the story of living with an eating disorder. It's also Portia's story of accepting her sexuality, coming out in Hollywood, marrying Ellen DeGeneres and what life is really like inside the Hollywood machine. Shockingly candid, outrageously funny, self deprecating and no holds barred, *Unbearable Lightness* is an extraordinary account of a Hollywood life not even the tabloids could make up.

NEW YORK TIMES BESTSELLER • A witty and emotionally charged novel that delves into the heart of a marriage, and how those we love and think we know best can sometimes surprise us the most "A delightful take on the mixed blessings of marital longevity."—*People* After ten years together, Sylvie and Dan have a comfortable home, fulfilling jobs, and beautiful twin girls, and they communicate so seamlessly they finish each other's sentences. They have a happy marriage and believe they know everything there is to know about each other. Until it's casually mentioned to them that they could be together for another sixty-eight years . . . and panic sets in. They decide to bring surprises into their marriage to keep it fresh and fun. But in their pursuit of

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Project Surprise Me—from unexpected gifts to restaurant dates to sexy photo shoots—mishaps arise, with disastrous and comical results. Gradually, surprises turn to shocking truths. And when a scandal from the past is uncovered, they begin to wonder if they ever really knew each other at all. With a colorful cast of eccentric characters, razor-sharp observations, and her signature wit and charm, Sophie Kinsella presents a humorous yet moving portrait of a marriage—its intricacies, comforts, and complications. Surprise Me reveals that hidden layers in a close relationship are often yet to be discovered. Praise for Surprise Me “Genuinely funny.”—The New York Times Book Review “Unexpected and wholly satisfying.”—USA Today “In her signature fashion, Sophie Kinsella brings a cast of quirky, funny characters to this new work. [She] keeps the laughs coming. . . . Readers will follow the story with bated breath as the couple struggle to make their marriage right after everything they thought they knew about each other proves wrong.”—Library Journal “Heartfelt . . . What at first seems like a light novel about familiar woes turns into a deeper story about trust, family, and perception.”—Publishers Weekly “Winsome and zesty, Kinsella’s latest delivers all the hallmarks her many fans have come to expect.”—Booklist “Pure fun . . . a hilariously moving look at marriage and the power of mixing things up.”—Kirkus Reviews “A beautiful, dream-like, unsettling narrative in which every word, like a small jewel, feels carefully chosen, considered and placed. Rarely do debut novels come as assured and impressive as this one.” —Sarah Waters, New York Times bestselling

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author of *The Paying Guests* Elegant, sinister and psychologically complex, *After Me Comes the Flood* is the haunting debut novel by the bestselling author of *The Essex Serpent* and *Melmoth*. One hot summer's day, John Cole decides to shut his bookshop early, and possibly forever, and drives out of London to see his brother. When his car breaks down on an isolated road, he goes looking for help and finds a dilapidated house. As he approaches, a laughing woman he's never seen before walks out, addresses him by name and explains she's been waiting for him. Entering the home, John discovers an enigmatic clan of residents all of whom seem to know who he is, and also claim they have been awaiting his arrival. They seem to be waiting for something else, too—something final... Written before Sarah Perry's ascension to an internationally bestselling author, *After Me Comes the Flood* is a spectacular novel of obsession, conviction and providence.

Purge is a beautifully crafted memoir that has a *Girl, Interrupted* feel. In this raw and engaging account of her months in rehab, Nicole Johns documents her stay in a residential treatment facility for eating disorders. Her prose is lucid and vivid, as she seamlessly switches verb tenses and moves through time. She unearths several important themes: body image and sexuality, sexual assault and relationships, and the struggle to piece together one's path in life. While other books about eating disorders and treatment may sugarcoat the harsh realities of living with and recovering from an eating disorder, *Purge* does not hold back. The author presents an honest, detailed

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account of her experience with treatment, avoiding the cliché happily-ever-after ending while still offering hope to those who struggle with eating disorders, as well as anyone who has watched a loved one fight to recover from an eating disorder. *Purge* sends a message: though the road may be rough, ultimately there is hope.

She devoured their memoirs and magazine articles, committing the most salacious details to memory to learn what it would take to be the very best anorexic. When she was hospitalized at fifteen, she found herself in an existential wormhole: how can one suffer from something one has actively sought out? With attuned storytelling and unflinching introspection, Kelsey Osgood unpacks the modern myths of anorexia as she chronicles her own rehabilitation. *How to Disappear Completely* is a brave, candid and emotionally wrenching memoir that explores the physical, internal, and social ramifications of eating disorders.

What sixteen-year-old Elizabeth has lost so far: forty pounds, four jean sizes, a boyfriend, and her peace of mind. As a result, she's finally a size zero. She's also the newest resident at Wallingfield, a treatment center for girls like her—girls with eating disorders. Elizabeth is determined to endure the program so she can go back home, where she plans to start restricting her food intake again. She's pretty sure her mom, who has her own size-zero obsession, needs treatment as much as she does. Maybe even more. Then Elizabeth begins receiving mysterious packages. Are they from her ex-boyfriend, a secret admirer, or someone playing a cruel trick? This eloquent debut

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novel rings with authenticity as it follows Elizabeth's journey to taking an active role in her recovery, hoping to get back all that she lost.

Aimee Liu, who wrote *Solitaire*, the first-ever memoir of anorexia, in 1979, returns to the subject nearly three decades later and shares her story and those of the many women in her age group of life beyond this life-altering ailment. She has extensively researched the origins and effects of both anorexia and bulimia, and dispels many commonly held myths about these diseases with the persuasive conclusion that anorexia is a result of personality. Key revelations include: the temperament required for eating disorders, the long-term effects of eating disorders on health, brain function, relationships and career, why some individuals recover while others relapse, and why many relapse in mid-life, Which treatment approaches are most successful long-term and how parents can tell if a child will be vulnerable to eating disorders. Using her own experience and the stories of many recovering anorexics she's interviewed, Liu weaves together a narrative that is both persuasive in argument and compelling in personal details.

A beautifully written and riveting look at anorexia from acclaimed author Laurie Halse Anderson. Cassie and Lia are best friends, and united in their quest to be thin. But when Cassie is found dead in a motel room, Lia must question whether she continues to lose weight, or choose life instead.

"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

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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.

The story of a young anorexic, Kessa, as she is released from the hospital and must confront her innermost fears without reverting to her old patterns of self-denial and rigid control

“An unusually fresh and engrossing memoir of both Hollywood and modern womanhood.” —Los Angeles Times In this searing, unflinchingly honest memoir, 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. In this groundbreaking memoir, Portia de Rossi reveals the pain and illness that haunted her for decades, from the time she was a twelve-

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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, landmark book, she has given the world a story that inspires hope and nourishes the spirit.

Why would a talented young woman enter into a torrid affair with hunger, drugs, sex, and death? Through five lengthy hospital stays, endless therapy, and the loss of family, friends, jobs, and all sense of what it means to be "normal," Marya Hornbacher lovingly embraced her anorexia and bulimia -- until a particularly

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horrifying bout with the disease in college put the romance of wasting away to rest forever. A vivid, honest, and emotionally wrenching memoir, *Wasted* is the story of one woman's travels to reality's darker side -- and her decision to find her way back on her own terms.

Ellen DeGeneres published her first book of comic essays, the #1 bestselling *My Point...and I Do Have One*, way back in 1996. Not one to rest on her laurels, the witty star of stage and screen has since dedicated her life to writing a hilarious new book. That book is this book. After years of painstaking, round-the-clock research, surviving on a mere twenty minutes of sleep a night, and collaborating with lexicographers, plumbers, and mathematicians, DeGeneres has crafted a book that is both easy to use and very funny. Along with her trademark ramblings, *The Funny Thing Is...* contains hundreds of succinct insights into her psyche, supplemented by easy-to-understand charts, graphs, and diagrams so that you'll never miss a joke. Overseeing all aspects of production, DeGeneres labored over details both significant and insignificant, including typefaces, page number placement, and which of the thousands of world languages to use. Ultimately she selected English, as it's her mother tongue, but translations into Hindi and Pig Latin are already in the works. DeGeneres takes an innovative approach to the organization of her book by utilizing a section in the beginning

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that includes the name of each chapter, along with a corresponding page number. She calls it the "Table of Contents," and she is confident that it will become the standard to which all books in the future will aspire. Some of the other innovative features you'll find in this edition:

- More than 50,000 simple, short words arranged in sentences that form paragraphs.
- Thousands of observations on everyday life -- from terrible fashion trends to how to handle seating arrangements for a Sunday brunch with Paula Abdul, Diane Sawyer, and Eminem.
- All twenty-six letters of the alphabet. Sure to make you laugh, *The Funny Thing Is...* is an indispensable reference for anyone who knows how to read or wants to fool people into thinking they do.

Unlock the more straightforward side of *The Unbearable Lightness of Being* with this concise and insightful summary and analysis! This engaging summary presents an analysis of *The Unbearable Lightness of Being* by Milan Kundera, an intricate, cyclical novel which charts the lives of Tomas, a successful surgeon, his wife Tereza, his lover Sabina, and Sabina's lover Franz. The narrative skilfully blends the characters' experiences of love, political activism and happiness with philosophical musings on the "lightness" of existence, creating an engaging novel which encourages readers to reflect on the meaning of their own lives. Milan Kundera was born in Czechoslovakia, where he had a successful career as

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a university lecturer and author until the country was invaded by Soviet forces in 1968 following the Prague Spring. His books were banned by the Communist regime, and he moved to France in 1975. He has won a number of prestigious literary awards, including the Jerusalem Prize (1985) and the Czech State Literature Prize (2007). Find out everything you need to know about The Unbearable Lightness of Being in a fraction of the time! This in-depth and informative reading guide brings you: •A complete plot summary •Character studies •Key themes and symbols •Questions for further reflection Why choose BrightSummaries.com? Available in print and digital format, our publications are designed to accompany you on your reading journey. The clear and concise style makes for easy understanding, providing the perfect opportunity to improve your literary knowledge in no time. See the very best of literature in a whole new light with BrightSummaries.com!

-- Brings together the best criticism on the most widely read poets, novelists, and playwrights. -- Presents complex critical portraits of the most influential writers in the English-speaking world -- from the English medievalists to contemporary writers. Known best for his novel The Unbearable Lightness of Being, Kundera is also an established poet, playwright, and essayist.

"Succeeds mightily...truly a wonderful story. Jones is a talent to be reckoned

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with." -- Boston Globe Aria is no stranger to tragedy -- as a young girl, she and her older sister and mother survived a car crash that took the lives of their father and beloved baby sister. And although relations with her remaining family are strained, she's done her best to establish a solid, normal life for herself, living in Atlanta and teaching literacy to girls who have fallen on hard times. But now she has a secret that she's not yet ready to share with Dwayne, her devoted boyfriend, or Rochelle, her roommate and best friend: Aria is pregnant. Or so she thinks. The truth is about to make her question her every assumption and reevaluate the life she has worked so hard to build for herself...as it sends her reeling in a direction she had no idea she was destined to go. Praise for Tayari Jones "Tayari Jones is blessed with vision to see through to the surprising and devastating truths at the heart of ordinary lives, strength to wrest those truths free, and a gift of language to lay it all out, compelling and clear." -- Michael Chabon "Tayari Jones has emerged as one of the most important voices of her generation." -- Essence "One of America's finest writers." -- Nylon.com "Tayari Jones is a wonderful storyteller." -- Ploughshares

Today, I look forward to a future where anorexia's voice will be silenced, where I can simply be Nikki Grahame and not be defined or controlled by my illness.' Say the name Nikki Grahame and most people will remember the bubbly, highly

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strung and hugely entertaining Big Brother 7 contestant. Since leaving the Big Brother house, she has forged a successful career for herself in presenting and writing. Yet Nikki isn't just another reality television contestant and her life story is not like any other you will ever read. From the age of eight until she was nineteen Nikki battled anorexia nervosa but few cases have been quite as extreme as hers. This compelling book tells the story of her incredible journey and has been revised to include Nikki's ongoing struggle with anorexia. Aged just eight and weighing just under three stone, Nikki was diagnosed as anorexic. For the next eight years, she was in and out of institutions - eleven in total - during which time she attempted suicide twice and had to be sedated up to four times a day so that she could be force-fed. At one point, she was sedated for fourteen days while doctors sewed a tube into her stomach, through which she was fed to get her weight out of the critical range. The lengths that she went to in order to avoid eating and find ways to exercise excessively shocked doctors who have worked in the field for years. As Nikki says, 'I've always wanted to be the best at everything I do, so I had to be the best anorexic - and I was.' With searing honesty, Nikki recounts her long and painful road to recovery, how she has had to come to terms with the long-term ramification of her illness, how she uses her new-found fame to promote awareness of eating disorders and to help those who

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are suffering from similar problems.

Seventeen-year-old Elena is vanishing. Every day means renewed determination, so every day means fewer calories. This is the story of a girl whose armor against anxiety becomes artillery against herself as she battles on both sides of a lose-lose war in a struggle with anorexia. Told entirely from Elena's perspective over a five-year period and cowritten with her mother, award-winning author Clare B. Dunkle, Elena's memoir is a fascinating and intimate look at a deadly disease, and a must read for anyone who knows someone suffering from an eating disorder.

Breaking a thirty-five year silence, the girl at the center of the infamous Roman Polanski sexual assault case reflects on the events of that day and tells how her life was irrevocably altered by the rape and subsequent media attention.

Chomsky observes the 50th anniversary of the Universal Declaration of Human Rights as a "Path to a Better World," while chronicling how far off the trail the United States is with respect to actual political practice and conduct. Analysing the contradictions of U.S. power while illustrating the real progress won by sustained popular struggle, Chomsky cuts through official political rhetoric to examine how the United States not only violates the UD, but at times uses it as a weapon to wield against designated enemies.

Required by her cross-country coach to keep a food diary, an insecure teen finds that writing helps organize her thoughts, especially about issues that she, her best friend,

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and her mother face related to weight and eating.

Eating Disorders presents a comprehensive and accessible investigation of eating disorders, spanning topics such as historical and cross-cultural trends in prevalence of eating pathology, biological bases of eating disorders, and treatment and prevention. It provides an examination of the intersections of culture, mind, and body, and includes case studies throughout, helping bring eating disorders to life. This second edition is fully revised and updated to reflect changes in the DSM-5 as well as research and practice advances that have occurred over the past decade. Specifically, the second edition provides coverage of newly named syndromes, a new chapter on feeding disorders and obesity, an expanded discussion of RDOC initiative, expanded coverage of eating disorders in men, a section on mediators and moderators of treatment response, a section of suggested additional sources that includes articles, books, movies, and on-line sources for reliable and accurate information, a new description of cognitive behavior therapy that outlines what CBT for bulimia nervosa looks like as experienced from the patient's perspective, and a new discussion of prevalence and risk of dietary supplements. The book will be useful in abnormal psychology, clinical psychology, gender and psychopathology, and eating disorders courses, and as a supplemental text in courses within nursing, nutrition, and sports medicine.

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