

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

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Books Details:

Title: Unbearable Lightness: A Story

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Description:

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.)

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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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