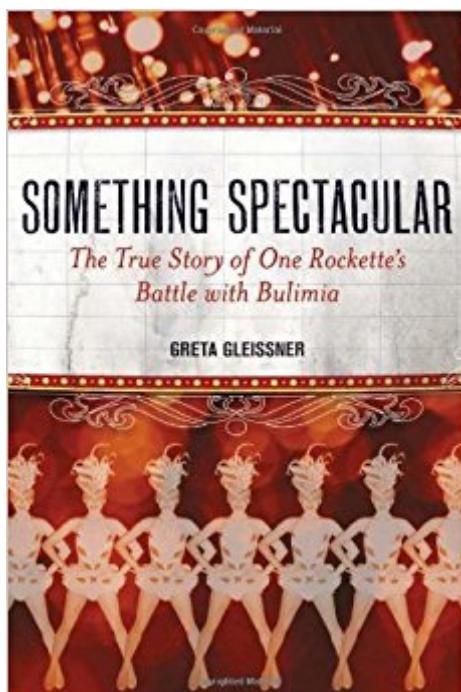


The book was found

Something Spectacular: The True Story Of One Rockette's Battle With Bulimia



Synopsis

Greta Gleissner, a longtime professional dancer, dreamed her whole life of becoming a Rockette. Then she became one; and she fell into the grips of a powerful eating disorder that began poison her life from the inside out. Something Spectacular is Gleissner's raw, personal chronicle of the devastating effects bulimia exacts upon her life during her time as a Rockette. As her disorder takes over, she begins to lead a dual life: happy-go-lucky on the outside; tortured by obsessive, self-destructive voices on the inside. Immersed in an environment in which even talent is secondary to appearance, Gleissner hides her disorder by any means necessary; lying, cheating, and stealing with no regard for the consequences of her actions; until she hits rock bottom and is forced to face the truths behind her disease. Her intensive odyssey of self-discovery ultimately gives her the strength to reshape her self-image, embrace her sexuality, and break free of the malignant hold bulimia has on her life. The first book to give voice to the pervasive but often unaddressed problem of eating disorders in the dance industry, Something Spectacular is a gripping exposé of the insidious nature of eating-related diseases; and a profound account of one woman's journey toward self-acceptance and recovery.

Book Information

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Customer Reviews

This was a very insightful and easy to read book about Greta's long struggle with an eating disorder (ED). She is brutally honest about how it impacted her life negatively in so many ways. The path toward healing was a long journey. As a mental health therapist myself (that does not work with

addiction), it educated me on how much an ED mirrors substance addiction. But it was also a entertaining read!

Greta tells her story with wrenching honesty. It is difficult to read, as you confront her pain and despair in the years of her active eating disorder...but it is ultimately a stunning story of triumph and recovery. This book should be required reading, for both clients and staff, in every treatment facility that deals with ED.

Though very detailed (not suitable for those trying to recover..), I felt like she didn't end with everything is perfect. I liked that. Very well written. Good read.

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