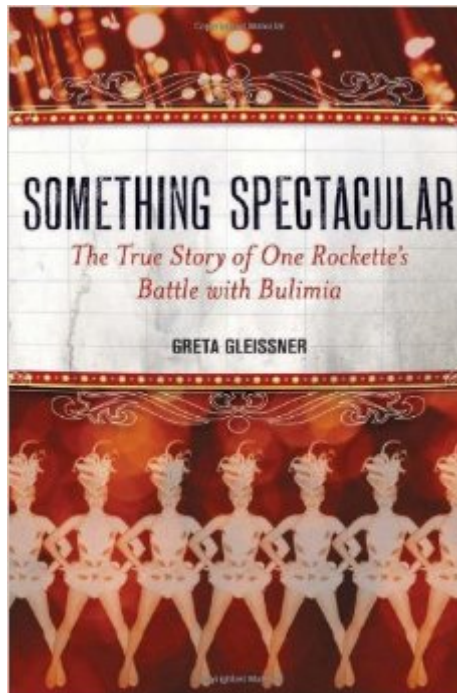


The book was found

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 to 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

Paperback: 256 pages

Publisher: Seal Press (May 29, 2012)

Language: English

ISBN-10: 1580054153

ISBN-13: 978-1580054157

Product Dimensions: 5.4 x 0.6 x 8.2 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars — See all reviews (6 customer reviews)

Best Sellers Rank: #1,384,646 in Books (See Top 100 in Books) #76 in Books > Arts & Photography > Performing Arts > Dance > Popular #297 in Books > Biographies & Memoirs > Arts & Literature > Dancers #1249 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders

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.

[Download to continue reading...](#)

Something Spectacular: The True Story of One Rockette's Battle with Bulimia What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders Dialectical Behavior Therapy for Binge Eating and Bulimia Austin Mahone: Startin' Something Spectacular Something Must Be Done About Prince Edward County: A Family, a Virginia Town, a Civil Rights Battle If You Survive: From Normandy to the Battle of the Bulge to the End of World War II - One American Officer's Riveting True Story Archer Addy: Trying Something New (Archer Addy, The True Life Adventures) (Volume 1) Minecraft: The Ultimate Survival Handbook: Spectacular All-in-One Minecraft Game Guide. An Unnoficial Minecraft Book (Minecraft Books) Simple to Spectacular: How to Take One Basic Recipe to Four Levels of Sophistication High-Hanging Fruit: Build Something Great by Going Where No One Else Will The Taking of Getty Oil: The Full Story of the Most Spectacular - and Catastrophic - Takeover of All Time 90 Minutes at Entebbe: The Full Inside Story of the Spectacular Israeli Counterterrorism Strike and the Daring Rescue of 103 Hostages Losing the Signal: The Untold Story Behind the Extraordinary Rise and Spectacular Fall of BlackBerry Trumped!: The Inside Story of the Real Donald Trump-His Cunning Rise and Spectacular Fall The Battle of South Mountain: The History of the Civil War Battle that Led the Union and Confederate Armies to Antietam The Maps of First Bull Run: An Atlas of the First Bull Run (Manassas) Campaign, including the Battle of Ball's Bluff, June-October 1861 (American Battle Series) The Battle of Leipzig: The History and Legacy of the Biggest Battle of the Napoleonic Wars A Question Of Intent: A Great American Battle With A Deadly Industry (Great American Battle with with a Deadly Industry) Battle Sky (The Battle Series, Book 4) Battle Scream (The Battle Series Book 1)

[Dmca](#)