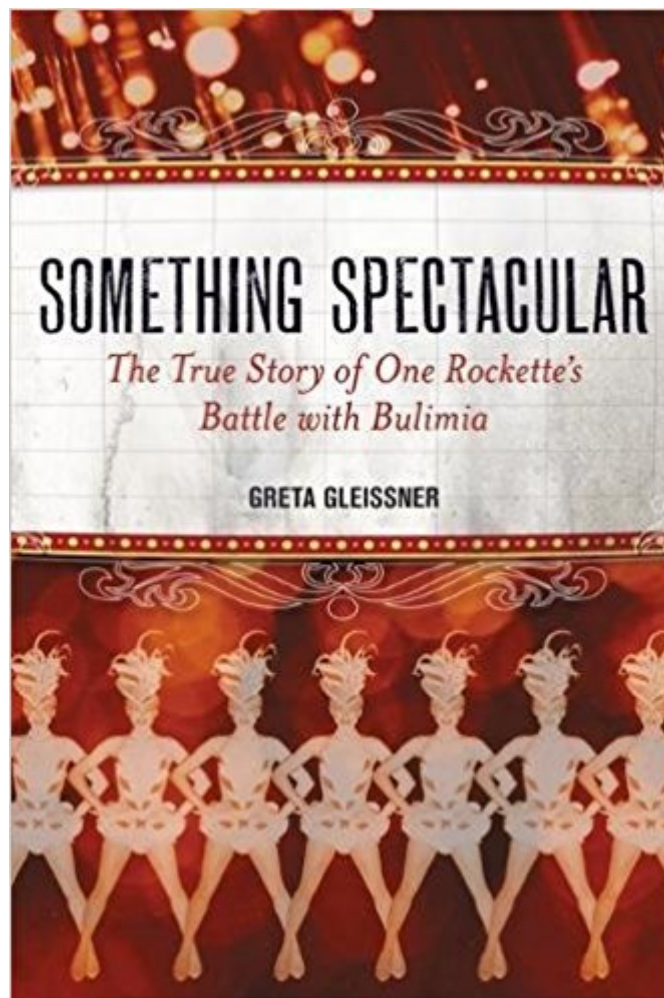




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Something Spectacular: The True Story Of One Rockette's Battle With Bulimia



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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Arts & Literature > Dancers #825 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders

Customer Reviews

In recovery from bulimia for the last ten years, Greta Gleissner uses her experience as a platform to help others. Gleissner has been a contributor for *The Disordered Times* and *The F-Word*, and also publishes a personal blog about eating disorder recovery, *Life with Cake*, which is a *Gärze Books*

Eating Disorders Blog. Gleissner has a master's in social work from New York University, dedicates her life to the eating disorder field, and is a member of NEDA, NASW, and IAEDP. She is the Day Treatment Team leader at The Renfrew Center of Old Greenwich, Connecticut, and has a practice in New York City.

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.

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!

I thought the book was decent. I did think it sounded real and the descriptions were good but it felt kind of repetitive after a while and i wish the time in rehab included more depth

Greta Gleissner is an amazing storyteller. She takes you through her struggle and comes out the other side! This hero is now a well known eating disorder therapist in NYC who I follow because I read this book!

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.

The first book I've read that realistically captures the horror of bulimia. I'm not usually a fan of eating disorder memoirs, but I absolutely loved this one.

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