

Chapters 1-6:

During the first few chapters, Portia de Rossi describes her beginning of fame and some of her struggles. Specifically, she describes her first big break as a model and then her first job as an actress in *Ally McBeal*. In addition, Portia described her split up with her ex-husband and the great relationship she has with her brother. Lastly, Portia discloses to readers about the eating disorder she struggled with as a result of low self-esteem and self-confidence.

Chapters 7-12:

Throughout the next few chapters, Portia describes the reason she decided to change her name from Amanda Rogers to Portia de Rossi. Additionally, she opens up about her inner struggles with her eating disorder and triggers she often finds brings her back to binging. Portia discloses that she hired a nutritionist, Suzanne, who helps her get back on track. She also describes her work out routine and how carefully planned it is. Portia also describes her hookups and relationships with women and how she still labeled herself as straight to avoid “ruining her career.”

Chapters 13-18:

Portia describes her new perspective on losing and controlling her weight. She discloses that she started counting calories at anywhere between 700-800 a day, even though Suzanne suggested she have an intake of 1,400. Additionally, Portia talks about her new contract with L'Oréal modeling hair. Eventually, L'Oréal asked her to model makeup. In doing so, it sent Portia into overdrive and she set a goal weight of 105 pounds from 130 pounds. Lastly, Portia tells her readers that her best friend Ann, her co-stars and team, as well as her brother have started to notice exactly how skinny she is.

Chapters 19-24:

In the group of chapters, Portia opens up to her readers about her daily food consumption. She also admits to lying to Suzanne to try and cover up her eating disorder. Additionally, she recognizes that her exercise routine may be excessive but it does not bother her because it will ensure that she doesn't gain any weight. Also, Portia talks about new lows of 105 pounds, 95 pounds, and on Christmas morning in Australia, 89 pounds. She also discloses to her brother in their favorite pub back home that she is gay. Lastly, Portia reflects on her Christmas Day lunch of turkey, potatoes, and champagne. She immediately got nervous that she would gain weight, began to have an anxiety attack, and decided to go for a run in the middle of the day to compensate.

Chapters 25-29:

In the closing chapters, Portia describes her brother and mother pleading her to get help for her eating disorder. They keep telling her she is too skinny for her own good. Additionally, Portia signs a new movie deal in Toronto, Canada. However, on that set, Portia gets weaker day by day after making her daily calorie intake only 300. By doing so, she collapses on set leading her to get checked out by doctors. She is then diagnosed with anorexia, osteoporosis, mild cirrhosis, dangerous levels of enzymes, and lupus. Portia explained the diagnosis and listening to doctors is what saved her life and lead her to the live she has now.