

Unfiltered

一 圖書作者與內容簡介:

Lily Collins is a well-known actress and writer. Throughout her childhood, Lily had always been a happy, positive girl. Nevertheless, since Lily turned sixteen, her life had become totally out of control. She had to face her father's divorce while striking a balance between being a teenager and pursuing two grown-up careers, both of which had put Lily under tremendous pressure. All the turmoil at this stage of her life caught her off guard, and eventually led to her eating disorder.

二 內容摘錄:

1. “ When someone shows you who they are, believe them.” (p.11)
2. “ There's greater happiness to be attained: the happiness of enjoying myself to the fullest during the one life I have and accepting myself for who I am.” (p.39)
3. “ Sources of weakness can transform into your most important and influential sources of inner strength.” (p.105)
4. “Food as fuel, not punishment.” (p.131)

三 我的觀點:

Have you ever experienced the feeling of inferiority and lack of self confidence during adolescence? Have you ever strived for perfection to the point where you felt worn out but still doubt yourself for not being good enough? Lily Collins, the author of *Unfiltered*, revealed her deepest secrets by opening up an honest conversation with the readers. She encouraged people to accept their imperfections, and let go of the shame unapologetically. It is an enlightening essay collection that demonstrates the importance of self-love, and the unique worth in every human being.

Eating disorder is a serious problem throughout the world. According to the statistics presented by *Eating Disorders Coalition* in 2016, at least one person dies as a direct result from an eating disorder every 62 minutes. Like many teenage girls, Lily started to have issues with her body as she reached puberty. Owing to a lack of self-confidence, Lily stopped participating in school events. She commenced spending her time in gymnasium exercising alone. She would do everything she could to burn her calories intake, and felt a sense of relaxation once she started sweating. Despite countless hours in gym, on school days, Lily refused to eat anything unless she knew the calorie count of the foods. As I read through the book, I tried to put myself in Lily's shoes. I couldn't help but wonder what Lily would do next to conquer this severe eating disorder. To me, it was sorrowful to see a confident, healthy teenage girl fell into the mind trap, turning herself into a troubled one who starve herself just to meet that perfect image. To make matter worse, not only did Lily purchase diet

pills and laxative secretly so as to boost metabolism but she started experiencing bingeing and purging. Lily sunk to the point where her body started to shut down, and her period stopped for years, which made her terrified that she might not be able to conceive in the future. Unfortunately, Lily's mom and friends didn't notice what she was going through. They viewed her as merely a picky eater who loved to exercise.

That was the part where the tears started rolling down my cheeks. I really sympathized with Lily for it must have been terrifying to be companionless while facing such hardship. All I could think of was how things might have been done differently to not only make Lily feel more confident but also let people start noticing those who are suffering. Before it was too late, Lily's weight issue finally caught her counselor's attention. The road to recovery wasn't easy for Lily. She came to realize that being skinny wasn't what she wanted after all. All Lily wanted was to have a control over her insanely chaotic life. She ultimately plucked up the courage to accept assistance and concerns from her mom and friends. Furthermore, she sought therapist's guidance to comprehend her unique inner beauty. Gradually, Lily started to value herself more. By telling her own stories in the book, she wanted to let those who are suffering from the same problem know that they are not alone.

After reading *Unfiltered*, I could resonate with what Lily had gone through. Being a teenager is never easy, because we always want to be liked and accepted by everyone around us. When I was in junior high school, I was an overweight girl who was so scared of people judging my appearance. Hence, I attempted to lose weight by starving myself and exercising intensively. I stopped eating out with friends, and the first thing I would do after school is to exercise. I'd start to panic if I ever deviate from my workout schedule or eat foods that I wasn't supposed to. I remember always lying to my family that I was full despite the fact that I knew I wasn't, because there would always be a sense of guilt coming to my mind everytime when I started eating. I got to the point where my period became insanely irregular that my mom had to take me to the doctors. Fortunately, during my hardships, *Unfiltered* was published. As I read through the pages, I couldn't hold my tears. Because from that moment on, I realized that I wasn't the only one fighting this battle. I acknowledged that the number on the scale doesn't define me for who I really am. Other people's judgements won't matter as long as I accept and love myself just the way I am.

I agree with Lily in that by actively reaching out to the troubled minds out there, a lot of the tragedies can be prevented. I suggest that schools invite people who have suffered from eating disorder to share their experiences so as to raise the students' awareness of this common problem as well as provide the students with sources of help and support around them. By doing so, I believe that more and more people with eating disorder will have the courage to seek assistance.

Unfiltered is a book dedicated to people who are afraid of revealing the problems they're facing. Lily's story inspired me greatly. She encouraged the readers to surmount their hurdles

by being the first person to open up, which is a courageous thing to do. This book made me deeply convinced that I won't be able to live a fully expressed life if I continuously dim my light and feel ashamed of the way I look. Because of this book, I'm proud to say that I'm willing to accept myself without any regrets or shame. Just as Lily wrote in the book saying that "there's greater happiness to be attained: the happiness of enjoying myself to the fullest during the one life I have and accepting myself for who I am." Why should I let such triviality as the number on the scale take its toll on the beautiful life ahead of me?

四 討論議題

Discussion: Since low self-esteem is a major problem in this society, could it be possible to not label individuals with their appearances ?