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Room To Grow: An Appetite For Life



Synopsis

Tracey Gold was well known to television audiences in the 80s as the wholesome teenage sister on the long-running series *Growing Pains*. She co-starred for seven years alongside Kirk Cameron as brainy sister Carol Seaver in a picture-perfect American family. A working actress since the age of 4, she was a pretty and professional young star with a limitless future. But behind the smiles Tracey was fighting the battle of her life. Ten years have passed since photos of the shockingly thin Tracey faced us from the cover of one of *People's* bestselling issues ever. "I always knew there'd come a day in the future, when I was far away from the media glare, when I'd have the proper time and perspective to process all I went through. Now there are many trained experts in the field of anorexia and eating disorders; and there are a lot of girls who struggle with it. I have both: the knowledge and the experience. I want this book to be something girls can turn to for help; something they can pick up and hold, a source of comfort and encouragement. It is for every sister, daughter, or friend whose life has been touched by anorexia nervosa. My celebrity has provided me a forum from which I can help others."

Book Information

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Customer Reviews

Actress Gold, now 33 and a happily married mother of two, is best known for her role as brainy teenager Carol Seaver in the 1980s sitcom *Growing Pains*. But thanks to the tabloids and other popular press (including *People*, which featured Gold on its cover 10 years ago), she's almost equally well known for her battles with anorexia, which reached a crisis as the show ended its seven-year run in 1992. Gold reflects on why she became anorexic and how she overcame the

illness. Her friendly tone will resonate with teen girls (although they probably didn't grow up watching *Growing Pains* and may not even know who Gold is). Gold's producers regularly told her to lose weight, and when she was unable to comply, wrote "fat jokes" into the script. Gold is more guarded when discussing the specific details of her recovery (e.g., while she says psychotherapy played an important role, she reveals little of what went on in the sessions and what she learned). And fat jokes aside, she gushes with praise for almost every actor, producer and director she has worked with. Gold realizes she was privileged to be able to afford the best care and that others might not be as lucky. The book's afterword is a call for activism and includes sections of a proposed federal law, which, if passed, could promote greater awareness of eating disorders and how to treat them-as can this affecting book. B&w photos throughout. Copyright 2003 Reed Business Information, Inc.

Now a married mother of two young boys, Tracey's is an account of a trip to hell and back. It is a journey of discovery and a chronicle of the very difficult lessons Tracey learned and must abide by every day of her life.

This is an excellent read. I have been a fan of Tracey's since she was on *Growing Pains* back in the 80's. I don't read a lot but I was compelled to learn more about her struggle with Anorexia Nervosa. I had no idea of the struggles she faced with this terrible disease. Some of the passages were down right frightening. I think this book gives me a much better understanding of the disease. I recommend everyone read this. It could be your sister, daughter, mother, girlfriend, wife, aunt..anyone really who could be suffering from this. I hope Tracey's story inspires young women to stay true to themselves. Tracey has already lived through this experience but you don't have to. Get help if you think you or a loved one has a problem.

I ordered this book from . Both my teenage daughter and I read this book. It was a well written book about how Tracey battled anorexia actually twice, once when she was twelve because she didn't want to grow up and get breasts. The second time on season 7 of *growing pains*. The 2nd battle was way worse. She went under 100 pounds and almost died. She met roby her future husband who told her he would not marry her until she could eat at least a bite of wedding cake. Her mom throwed up food also. She tells her life story from her birth in new york through the birth of her 2nd son in 1999. She talks about her life with anorexa and her life before and after. So if you like tracey gold then here is a good book to read

As someone in recovery from an eating disorder, I was hoping for some encouraging insight.....not here however. Tracey comes off as a sheltered, spoiled child-star, who barely has a care in the world. Yes, she does mention the crazy, world of her anorexia, and her struggles, but I quickly grew tired of her going on and on about how lucky she is to be Tracey Gold!!

A simple but very interesting read. The digital version has some glaring spelling and grammatical errors that prove quite distracting at times. I would definitely recommend this book to anyone who is a Tracey Gold fan but not to anyone looking for answers in regards to eating disorders. This is a book that can be read in one sitting - there is not a lot of depth to it.

I grew up watching Growing Pains and recently saw the Oprah Show 20th Anniversary DVD where Tracey talked about overcoming anorexia. While I'm an overeater, I believe all addiction is the same. The book has some interesting tidbits of her career before GP. Did you know she was in Roots? I wanted to hear behind the scenes stories of GP, but when she talks about it, it's just passing stories here and there like Kirk not inviting anyone from the show to his wedding. Also Leo DiCaprio was on the last season and his name was brought up only one time! As for anorexia, Tracey talks about when her body started developing she ate less to look more like a child, not wanting to grow up. Then when she gained weight, producers for GP told her to lose it. Other reviewers mention that Tracey goes to therapy, but never mentions what was said. I have to agree. Was it too personal Tracey? Here we are reading this book about overcoming anorexia and she won't tell us what demons she had to cure to overcome it! Though pregnancy did serve as a key in overcoming it for good. Tracey is all better now and that's the important thing. It's a nice read, very short, can be read in a couple sittings.

I have always been a fan of Tracey Gold, and when I saw that she had written a book about her battle with anorexia, I was beyond excited. I just got the book in the mail yesterday, and could not put it down! It was a great read. I loved how she started the book from when she was just a child, as she became a well known actress (i.e. growing pains), her battle with anorexia, and how she was able to recover. The only reason I am giving this book four stars instead of five is because I was hoping for more of an inside look into her anorexia and how it affected those around her. And maybe because I am such a HUGE fan of Growing Pains, I was hoping she would write about how her anorexia affected her castmates and if they ever intervened. I thought she would go more into

depth with this because Growing Pains was such a big part of her career, and it was what she was working on while she was going through her anorexia. Instead, she hardly ever mentions them or anyone aside from her family at that matter. I know she failed to mention information because I have seen interviews where she states Joanna Kerns (aka Maggie Seaver) noticed fairly quickly her eating habits were not normal, and urged her to get help. I guess I was just expecting a little more from this book, but all in all it is a good book and I would recommend you read it because her life really is interesting.

I just got done reading this book last night. I couldn't put it down. It was very great. Brings up self esteem.

I loved this book. Very good. I appreciated Tracey's honesty in telling her story and how she overcame her eating disorder.

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