



Anorexia – a statement

With the recent attention anorexia has received in the media, I feel obliged to emphasize that my “Anorexia” is NOT a glorification of the condition.

Having grown up in a milieu where I wasn’t pretty enough, clever enough or good enough, I sympathize 100% with the girls and boys involved.

The world is a lonely place and all too often unforgiving, especially for those that stand out in the crowd – the outsiders.

While sympathizing with these young people, and admiring their passion and the energy needed to press their bodies into skeletal form, I would hope for them that one day they might realize that beauty is only skin deep and the qualities they possess beneath the surface would be allowed to emerge. And that the energy used to mould the surface could be channeled to other, perhaps lasting, forms of expression.

Hopefully they, too, will learn to love themselves beyond the mirror; and that they needn’t wait more than 60 years to accept what looks back at them from that mirror.

Take it from me – you’re just fine!

Copenhagen, August 5, 2013