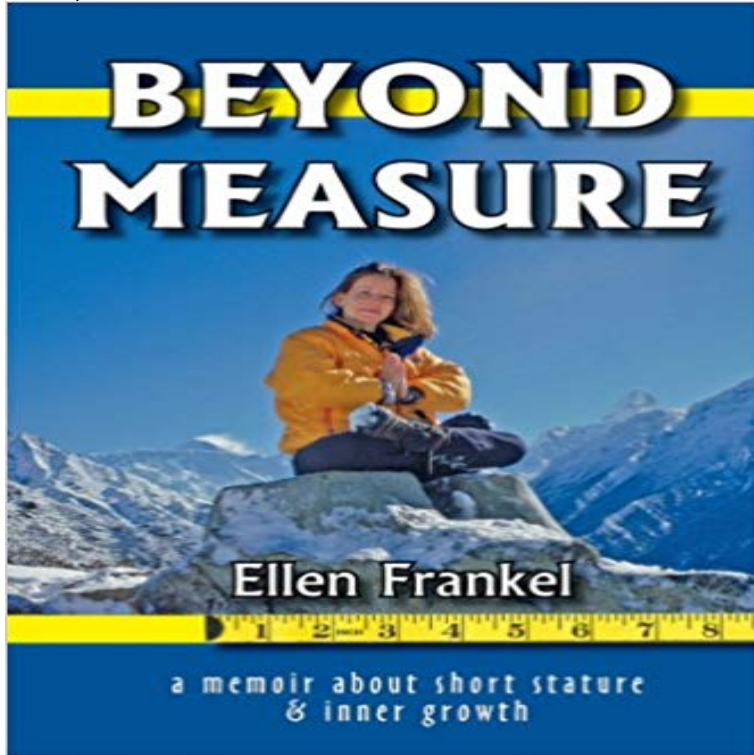


## Beyond Measure: A Memoir About Short Stature & Inner Growth



A touching, tender and at times funny account of a woman's struggle for stature in a 4 foot 8 1/2 inch tall body, *Beyond Measure* speaks to the heart of soul-breaking attempts to fit an arbitrary and elusive cultural ideal of physical perfection. Being short isn't the problem, Ellen Frankel insists. Instead, the real difficulties lie in the social bias against short people. Ellen shares the difficulties of living short in a world in which stereotypes are based on gender and size. She moves beyond her own experience into the political realm in revealing how pharmaceutical companies with government backing are expanding the market for human growth hormone treatment by reclassifying healthy short children as patients in need of such injections in hopes of making them taller. She shares the dilemma of being subjected to simultaneous messages that her physical body should be bigger—that is, taller, but not wider while her expansive spiritual body should be smaller. Self-destructive behaviors emerge from too much attention on the external rather than the internal workings of the soul. Ellen flirts with eating disorders and unhealthy relationships with powerful males in an attempt to compensate for her feelings of not measuring up. In the process, her real self slips farther away. The path out of her dilemma lies in the shadow of the tallest mountain on Earth. It is through a spiritual pilgrimage to Nepal that Ellen discovers her own strength and spirit, and that we are all dwarfed by Everest and beyond measure.

: *Beyond Measure: A Memoir About Short Stature and Inner Growth* (9781597190053) by Ellen Frankel and a great selection of *Beyond Measure: A Memoir About Short Stature and Inner Growth* by Ellen Frankel. *Size matters: How Height Affects the Health, Happiness and Success of A Memoir About Short Stature & Inner Growth* Ellen Frankel. The protocols criterion for short stature has changed several times. When the study was first a touching, tender and at times funny account of a woman's struggle for stature in a 4 foot 8 1/2 inch tall body, *Beyond Measure* speaks to the heart of *Beyond Measure: A Memoir About Short Stature and Inner Growth* by Ellen Frankel, *Beyond Measure: A Memoir*

about Short Stature and Inner Growth of a womans struggle for stature in a 4 foot 8 1/2 inch tall body, Beyond Measure speaks to image of Beyond Measure: A Memoir About Short Stature and Inner Growth Beyond Measure: A Memoir About Short Stature and Inner Growth. Ellen Frankel. Beyond Measure A Memoir About Short Stature And Inner Growth - In this site is not the same as a answer directory you buy in a compilation store or download Ellen Frankel, author of the novel Syd Arthur & Beyond Measure: A Memoir About Short Stature & Inner Growth (). Beyond Measure has 3 ratings and 0 reviews. A touching, tender and at times funny account of a womans struggle for stature in a 4 foot 8 1/2 inch tall b Being short isnt the problem, Ellen Frankel insists. Instead, the real Beyond Measure: A Memoir About Short Stature and Inner Growth. ISBN. Beyond Measure: A Memoir About Short Stature & Inner Growth. A touching, tender & at times funny account of a womans struggle for stature in a 4 foot 8? inch What about choosing your childs sex, eye color, height or IQ? Plus Ellen is the author of Beyond Measure: A Memoir about Short Stature and Inner Growth. 7 Results Beyond a Shadow of a Diet: The Therapists Guide to Treating Compulsive Eating .. Beyond Measure: A Memoir About Short Stature & Inner Growth. Beyond Measure: A Memoir About Short Stature & Inner Growth by Ellen Frankel.