

ONE THOUSAND AND ONE AND MORE WAYS TO BECOME ADULTS



MARIANNA STINA'
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THE PRO-ANA BLOGS, *a philosophy of anorexia*

When the disorder and the identity coincide



Nowadays, the anorexia is considered, by a part of young people, a philosophy of life in which the **disorder and their identity coincide.**



PRO-ANA BLOG



This group was born in the United States and it is estimated that nearly 11 million people are influenced by this movement (99% of women aged between 12 and 40). In Italy would be 500.000.



WHO IS THE GODDESS ANA?

”Everyday Ana accompanies us, she hates and loves us and she is the one we hate and love. We are Ana. This is a Pro-anorexia group, for those who want and are convinced to be like her. If you are against this group or you are hospitalized, please leave it, you would find it provocative. Those of us feeling alone, misunderstood, will be supported here. Moreover, you will probably find some tricks here, advice and photos and everything we can offer you. You are welcome.”

www.proanapersemre.it

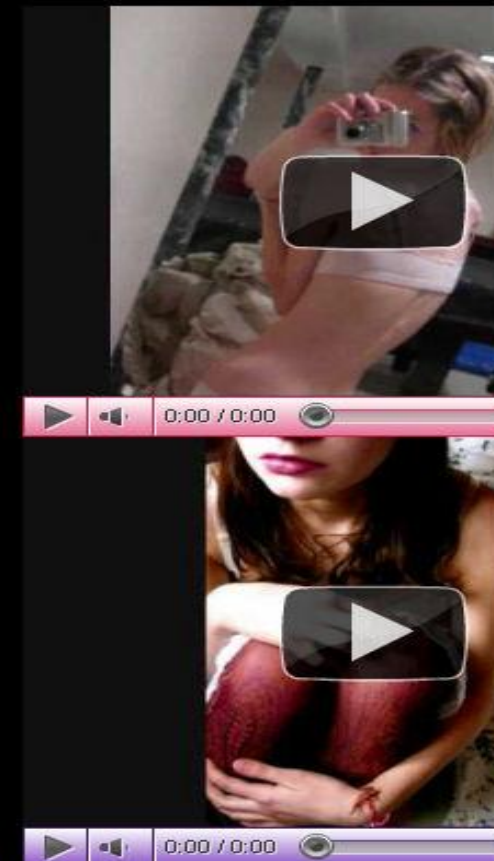


PRO- ANA BLOG



I find hard to keep up with emails I get sent everyday so now I have a formspring account where you can post all your questions and comments and I'll reply as soon as possible. Cheers x

MY VIDEOS



PRO ANA VS PRO THINSPO

PRO-THINSPO.COM

Prothinspo has the largest selection of **diet, exercise and** celebrity **weight loss** in the world. With a thinspiration gallery to keep you motivated visually with Celebrity and Supermodel Tips and Tricks to weight loss from Jodee the Queen of this scene... Prothinspo is internet crack.

- You are here... Home
- most popular
- Calorie burned during sex
- 100's OF TIPS, TOP HIT THIS WEEK!
- COOKING AND WEIGHT LOSS
- 20lbs in 30 days, click here.
- How to lose weight fast diets, click here.
- 50 ways to cut 500 calories
- Hoodiebs, click here.
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- Get Slim, Highway
- Pro Ana Tips and Tricks
- Stars who are too skinny
- Prothinspo Swag Bag, get it now!
- How to starve yourself tips
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- anorexia real: skinny model photos
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- 1 month body slimming plan, click here.
- 4 day diet cycles
- 4 WAYS TO KICK FOOD ADDICTION!
- 4 Weeks to a better body program
- 100 calorie diet
- 10 exercises to lose weight
- 10 day model detox
- 10 tips on fasting
- 10 weight loss tips
- 2005 bikini runway
- 20lbs in 30 days, click here.
- 20 tips to staying skinny
- 200 calorie snacks
- 24 hour diet
- 2 week detox
- 30 day 1000 fasting
- 30 day/1000 calorie
- 30 days to a thinner you
- 1 day diet
- 3 day water fast
- 3 fat burning foods
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- 46 hour miracle diet
- 4th of July diet tips
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- Acronyms
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- Ally's Candy



SKINNY ARMS ... Of course this page has skinny arms **body part thinspiration!!** It is becoming more and more common to see celebrities sporting extra muscles in the arms and, along with the muscles, bulgy veins and some bones. This was **AnaMarie's problem from ANTM**. Sometimes, before a photo shoot, celebrities will even do epsom salt baths, which draw the salt out of the body to get this thinner appearance....Or they may under-eat for a few days, eat as little as possible, say, **500 calories**, to make a certain weight. A lot of times these stars are following a **very clean diet**, with very few processed foods and instead a lot of foods that are very, very low in salt, this is the key to looking so vascular... [click here](#) to read more. updated pages, Iselin Steiro [click here](#), Geri Halliwell, [click here](#). Carey Mulligan, [click here](#).



PROTHINSPO WANTS TO INTRODUCE YOU TO THE FACE OF THE FUTURE...
SAMANTHA HARRIS THE ABORIGINAL MODEL!! THIS YOUNGSTER IS NOT THE FIRST ABORIGINAL MODEL BUT SHE IS REALLY BREAKING GROUND AND I WAS ABLE TO TALK WITH HER ON HER DIET AND EXERCISE ROUTINE AND GET SOME GREAT PHOTOS OF HER BACKSTAGE AND ON THE RUNWAY, [CLICK HERE](#).



15 Year Old Lindsey Nixon is taking the modeling world by storm. I had a chance to chat with this new comer during fashion week and she is bright and funny to say the least. We talked about **Tyra Banks** and how Tyra said, that Dani couldn't be a cover girl because of her gapped teeth. Lindsey actually looks like a little bunny with those teeth and in person you can hardly take your eyes off of them. Anyway, here are some of her most recent photos from **MiUMiU** and the runway, plus are you interested in becoming a model? Well, also on this page are tips on how to become a supermodel... [Click here](#).



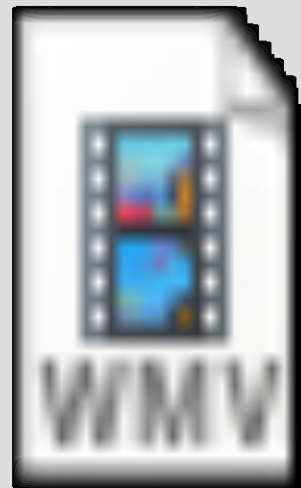
Don't you wish that sometimes you could just zip your lips shut. Not eat when you are dieting, or know a really good secret. Well, of course this isn't possible, but there is a trick to keeping your weight down and your metabolism burning. This post has the secret of the chew 5 times diet that was on the lips of every model at fashion week... [click here](#).



America's Next Top Model, Model gets thrown off due to be anorexic or showing signs of eating disorder.. Everything Anamaria said during last night's episode indicated to me that she, at the very least, suffers from body dysmorphia, in that she already weighs less than her body is naturally inclined, but still wants to be "leaner." When asked by one of the other girls how much she used to weigh, Anamaria said she used to 130 lbs. but was now down to 110. That's 20 lbs. people! HER Height: 5'10" Anamaria said, "I've been trying to hard to get lean, but it's not working." When Jay told her that she absolutely did not need to be any leaner, Anamaria's face fell. "I don't care what you say, I know how I feel, I know, in the mirror, what I'm looking back at. That's all that matters to me." THIS SHOW SHOULD HAVE HAD WARNINGS TO IT!! [CLICK HERE TO READ MORE AND SEE PHOTOS POST ON BOTTOM OF THE PAGE](#)



THINSPIRATION MOTIVATION



Thinspiration 3.wmv

THE ANA BELIEF

I BELIEVE in control, the only strength which organizes my otherwise chaotic life.

I BELIEVE that I do not deserve anyone's attention if I am fat. I know I am the most disgusting and useless person in this world.

I BELIEVE in efforts, in self-imposed duties as absolute and unbreakable laws to fix my daily behavior.

I BELIEVE in PERFECTION, it is the only purpose which deserves to be pursued.

I BELIEVE in scales as the only indicator of my success and failures.

I BELIEVE in Ana group, my only philosophy and religion.

I BELIEVE in Hell, because this world has shown it to me.



THE TEN COMMANDMENTS

- 1) If you are thin you are not attractive.
- 2) To be thin is more important than being healthy.
- 3) You have to buy some dresses, to cut your hair, to take laxatives, to starve, to do anything to look thinner.
- 4) Thou shall not eat without feeling guilty.
- 5) Thou shall not eat fattening food without punishing afterward.
- 6) Thou shall count calories and restrict intake accordingly
- 7) What scales say is the most important commandment.
- 8) Losing weight is good, gaining weight is bad.
- 9) You can never be too thin.
- 10) Being thin and not eating are a true sign of willpower and success.



SO AS NOT TO AROUSE SUSPICION

- 1) Never speak with anyone of your weight. Behave as if you really know absolutely nothing about diets and weight.
- 2) Do not let people notice how your clothes are too big.
- 3) Try to eat only when your relatives or friends are with you (when you're alone please don't eat.)
- 4) Go in and out from the kitchen very often. This will give the idea that you're eating.
- 5) Leave food scraps or dirty dishes around (prepare something and throw it away, people will think you've eaten).



HOW TO MAKE ONESELF KNOWN?

The red bracelet and the pendant with the Dragonfly

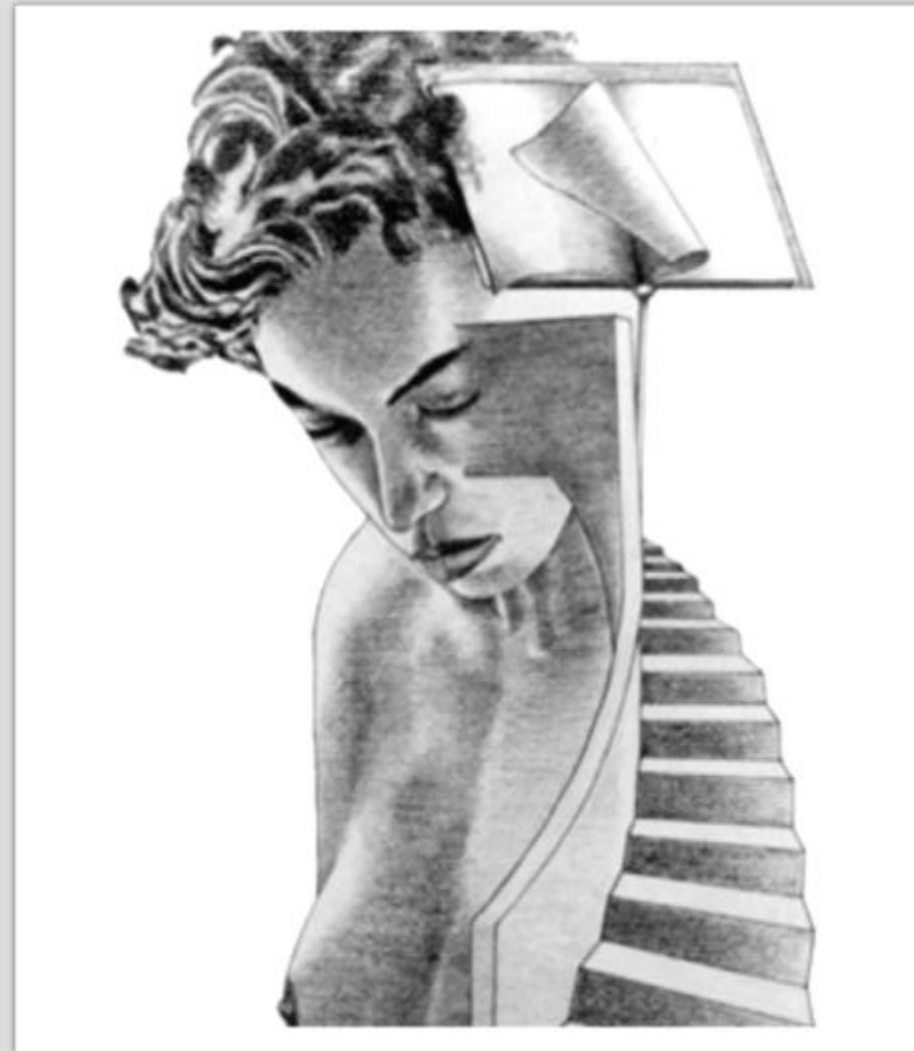
For Native Americans the dragonfly is a totemic animal, a symbol of transformation, and generally represents the souls of the dead. The wonderful colours of the wings are associated with the charm of colours, the powers of illusion, dreams and mysticism.



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The Pro Ana-blogs, for a philosophy of anorexia, give us the opportunity to investigate a specific psychosocial area. In this way, the thought will resume its powers of reflection that has failed for a daily literalization suitable for food manipulation.



THE WOUND OF THE UNLOVED

(SCHELLENBAUM)

Not to believe in their own value means not to have been loved for what one is.

The split part seems to ask:

“What is the point in living?”



WHEN THE ARCHETYPE SPLITS

Ana the goddess and the dark side of the great mother.



Anorexia has become a philosophy, the archetype of the great mother has split and the goddess Ana is a dark mother from which the complex of the negative mother emerge. This complex *“try to establish power in everything, and the weak ego is a perfidious ally, because he does not believe in its value”*(Woodman, 2004)



LIFE-SAVING DEFENSES

KALSCHED, 1996



Life-saving defenses protect from "disintegration anxiety" (Kohut), the experience of which is "unthinkable," and from "primitive agonies" (Winnicott): an unnameable dread associated with the threatened dissolution of a coherent self." These defenses, although inadequate to life, allow continuity.

WHAT IS THE LINK IN THE PRO ANA GROUP?

The recognition among them of the same anorexic self, raising, in honour of their life-saving defence, an altar on which to worship Ana the goddess, anorexia, their mother.



<PRO ANA GENERATION>, the evolution of the “myth of the cave” in digital version.



The shadows of the Greek myth while changing into modern myth, have become images: "thinspiration"



A NEW INTERNET TREND

THINSPO REVERSE BLOG

The answer to the pro Ana blogs



ANORESSIA: AFTER DARK

QUESTA È LA LOTTA DI UNA RAGAZZA CHE CI È PASSATA E CHE SA COSA SIGNIFICA, CHE SA CHE L'ANORESSIA È UN'ARMA A DOPPIO TAGLIO CHE ALL'INIZIO PUÒ SEMBRARE LA SOLUZIONE A TUTTI I PROBLEMI MA CHE, ALLA LUNGA, È IL PROBLEMA. È DIFFICILE USCIRNE, MEGLIO NON ENTRARCI, MA CI SE NE ACCORGE SEMPRE TROPPO TARDI. POI SI PUÒ PIANGERE, SI PUÒ GRIDARE A QUARCIAGOLA MA NON SERVE A NIENTE. NON ESISTONO I MIRACOLI. LA FORZA PER RESTARE IN PIEDI DOBBIAMO TROVARLA DA SOLE. E QUI POSSIAMO FARLO INSIEME.

Come gli alchimisti trasformavano il ferro in oro... voi potete trasformare l'oscurità in luce. Siete tutte benvenute.

LUNEDÌ 13 LUGLIO 2009

Thinspo Reverse - Page 1 of 4

L'era delle "Thinspo Reverse" è ufficialmente iniziata! ^ __ ^
Ed ecco quindi la prima carrellata...

Immagino che lo sappiate già o che comunque ve lo siate immaginato, ad ogni modo preciso che tutte le parole che accompagnano le fotografie sono frasi tratte da blog/forum/siti "pro-ana"; ovviamente le ho opportunamente "rimaneggiate" in maniera tale per cui, cambiando solo poche parole di ciascuna, si potesse trasmettere il messaggio esattamente opposto.

Le ragazze che si definiscono "pro-ana" utilizzano spesso una serie di frasi stile mantra che accompagnano le loro immagini di "Thinspo", quindi io ho ripreso quelle stesse frasi e le ho ribaltate associandole alle nostre foto... spero che il risultato sia efficace! E questo non è che l'inizio... ^ __ -

(click su ciascuna foto per ingrandire)



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ISCRIVITI AL MIO BLOG!!

Post

Commenti

BITING TOGETHER...



Fight for life!

FOCUS ON...



2007 AD CAMPAIGN

Oliviero Toscani and Isabelle Caro



Italy, after France and England, has forbidden pro Ana forums and blogs and there is a penalty of up to one year of imprisonment for incitement to anorexia and bulimia



THE CONCLUSIONS

In short, this pro-Ana phenomenon sends a signal to society that encourages and supports the ideal of thinness. Moreover, it asks the whole adherence to the cult of Ana, the false goddess, which gives the image, and not the being, the first place.

These sites of anorexic girls denounce a society suffering from lack of love that can only contact the dark side of the Great Mother: the Power.

