

**Beat:**

, 01.01.1970, 00:00 Time

## **USPA NEWS -**

In her memoirs Ryan said , "I don't want to admit it but I was scared of putting on weight, My stomach churned at the sight of vegetables, meat, anything. The desire to eat has just left me back then I was stressed, rejected, jealous, anxious, negative, worried unassured and lonely". " I felt like if I can get through the day without eating I would feel better".

"I had constant stomach pains and cramps and I didn't know if I was hungry or sick. The craving that lingered the longest was the sweet tooth and it was the last thing to go.

I read hundreds of pages of Ryans memoirs and believe it will inspire many in the industry to simply be " Thier own kind of beautiful".

Raina Ryan 26 of Sydney will soon release her memiors of 13 years, a captivating, riveting insight into the life of a teenager growing up in country Orange in New South Wales Australia.

Adding another feather to the cap of an amazing musician songwriters long list of accolades , Ryan is now in talks with Hay House Publishing so keep an eye on this Aussie creative.

Elizabeth Berkley once said, "Girls' inner critics are starting to reveal themselves at a younger and younger age. And body image issues are an aspect of their lives which is causing them low self esteem and day-to-day suffering".

## **Article online:**

<https://www.uspa24.com/bericht-/html>

## **Editorial office and responsibility:**

V.i.S.d.P. & Sect. 6 MDSiV (German Interstate Media Services Agreement):

## **Exemption from liability:**

The publisher shall assume no liability for the accuracy or completeness of the published report and is merely providing space for the submission of and access to third-party content. Liability for the content of a report lies solely with the author of such report.

## **Editorial program service of General News Agency:**

United Press Association, Inc.

3651 Lindell Road, Suite D168

Las Vegas, NV 89103, USA

(702) 943.0321 Local

(702) 943.0233 Facsimile

[info@unitedpressassociation.org](mailto:info@unitedpressassociation.org)

[info@gna24.com](mailto:info@gna24.com)

[www.gna24.com](http://www.gna24.com)