

Between You and Me: A Memoir of Love, Loss, and Triumph by Chrissy Teigen

Chrissy Teigen's memoir, *Between You and Me*, is a raw and honest account of her life from her childhood to the present day. The book chronicles her struggles with infertility, loss, and postpartum depression, but it is also a story of love, triumph, and resilience.



Between You and Me: A Memoir by Mike Wallace

★★★★☆ 4.3 out of 5

Language : English
File size : 3653 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 304 pages



Teigen begins the book by describing her childhood in Utah. She was raised by a Thai mother and a Norwegian-American father, and she often felt like an outsider. She was also bullied for her weight and her appearance. Despite these challenges, Teigen was a happy and outgoing child. She loved to sing and dance, and she dreamed of becoming a model.

Teigen's dream came true when she was discovered by a modeling agent at the age of 15. She moved to Los Angeles and quickly became one of the most sought-after models in the world. She appeared on the covers of

magazines such as Sports Illustrated and Vogue, and she walked the runway for designers such as Marc Jacobs and Versace.

In 2010, Teigen met John Legend, a singer-songwriter. They fell in love and married two years later. In 2016, Teigen gave birth to their first child, Luna. Two years later, they welcomed their second child, Miles.

Teigen's life seemed perfect, but she was struggling behind the scenes. She was battling infertility and postpartum depression. She also had body image issues and was constantly comparing herself to other women.

In *Between You and Me*, Teigen opens up about her struggles with mental health. She describes the dark thoughts she had and the times when she felt like she couldn't go on. She also talks about the therapy and medication that helped her to heal.

Between You and Me is a powerful and inspiring memoir. Teigen's story is a reminder that even the most successful people can struggle with mental health issues. It is also a story of hope and resilience. Teigen has overcome her struggles and is now a happy and healthy wife and mother.

Critical reception

Between You and Me received positive reviews from critics. The New York Times called it "a raw, honest, and ultimately hopeful memoir." The Washington Post said that it is "a powerful and moving book that will resonate with anyone who has ever struggled with mental health issues." Time magazine named it one of the best books of the year.

Awards and honors

Between You and Me won the Goodreads Choice Award for Best Memoir in 2021. It was also nominated for a NAACP Image Award for Outstanding Literary Work.

Legacy

Between You and Me has been praised for its honesty and its willingness to tackle difficult topics such as mental health and infertility. It has helped to raise awareness of these issues and has encouraged others to seek help.

Teigen's memoir is a valuable addition to the literature on mental health. It is a powerful and inspiring story that will resonate with anyone who has ever struggled with mental health issues.



Between You and Me: A Memoir by Mike Wallace

★★★★☆ 4.3 out of 5

Language : English
File size : 3653 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 304 pages





The Race to Control Cyberspace: Bill Gates's Plan for a Digital Divide

Bill Gates has a vision for the future of the internet. In his book, *The Road Ahead*, he argues that the internet will become increasingly important...



My 40 Year Career On Screen And Behind The Camera

I've been working in the entertainment industry for over 40 years, and in that time I've had the opportunity to work on both sides of the camera. I've...