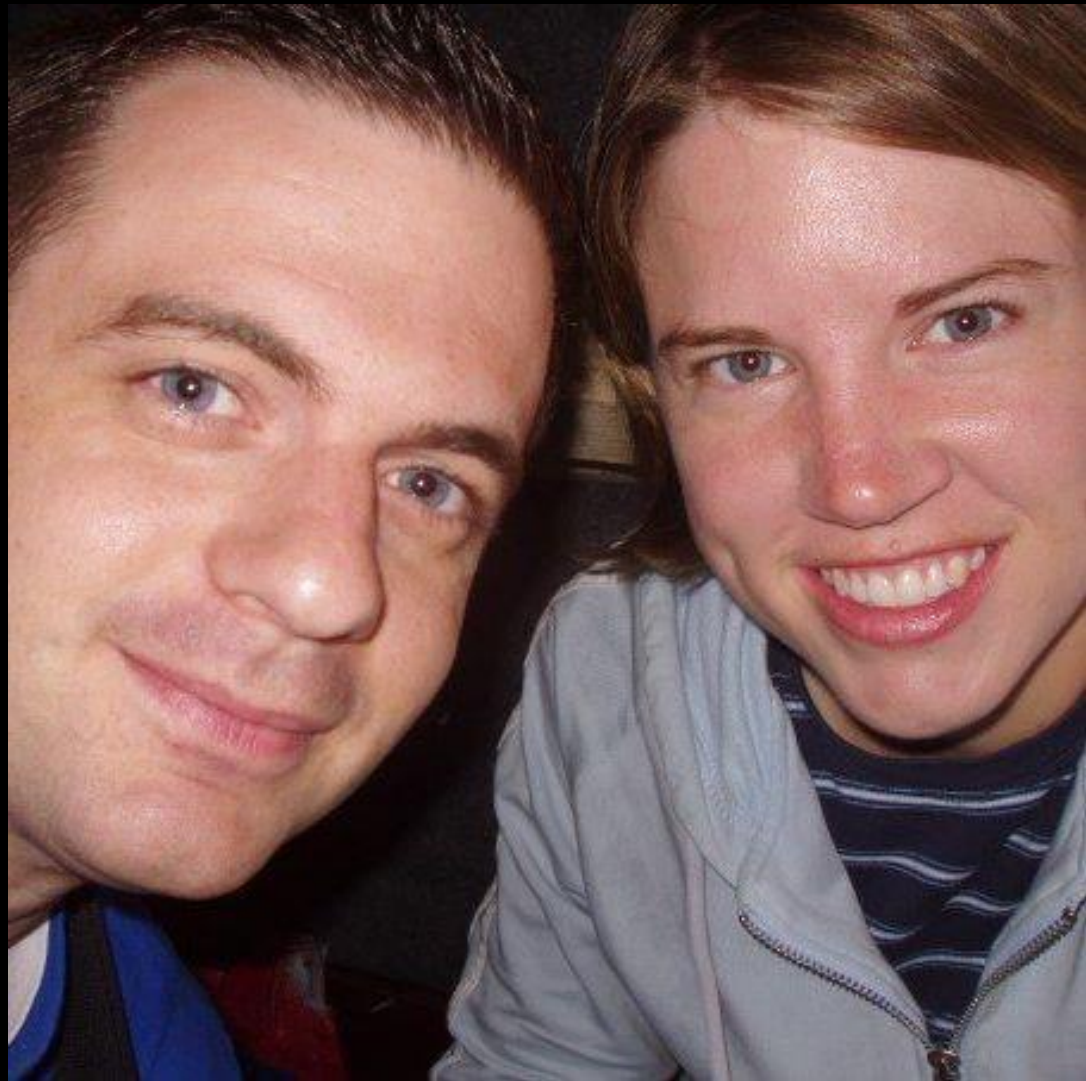




The Man Without a Selfie

**What is your
favorite image
you have ever
posted or seen
online?**



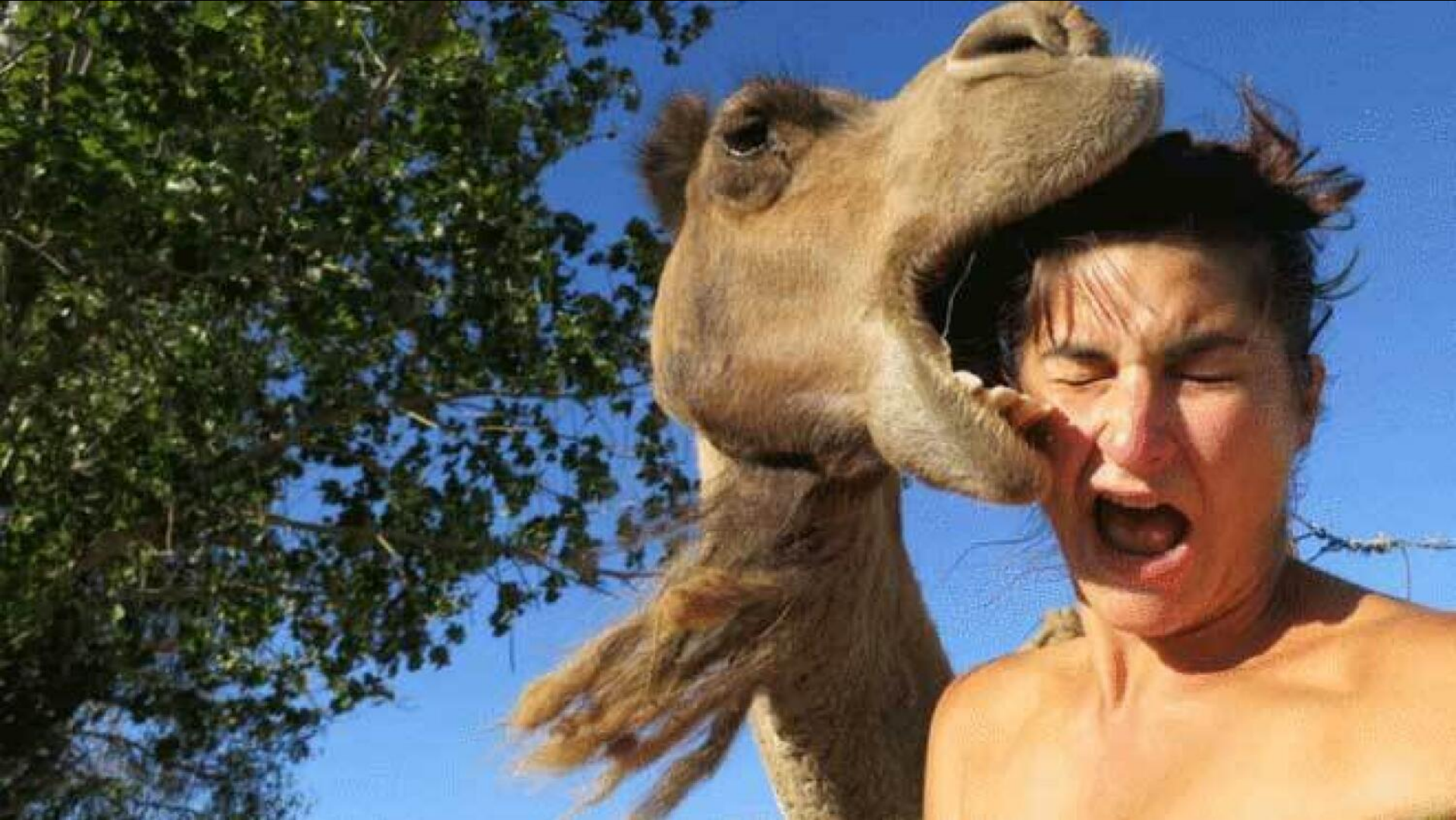















 **Courtney Sanford**
7 hours ago near High Point, North Carolina 📍
The happy song makes me HAPPY!
10 likes 1 comment



Instagram



oum.lala
my work space



...

Instagram



nisaamild
บ้านดีใจใกล้หาดหัวหิน



...

Instagram



shu.ga
samui island



...

Instagram

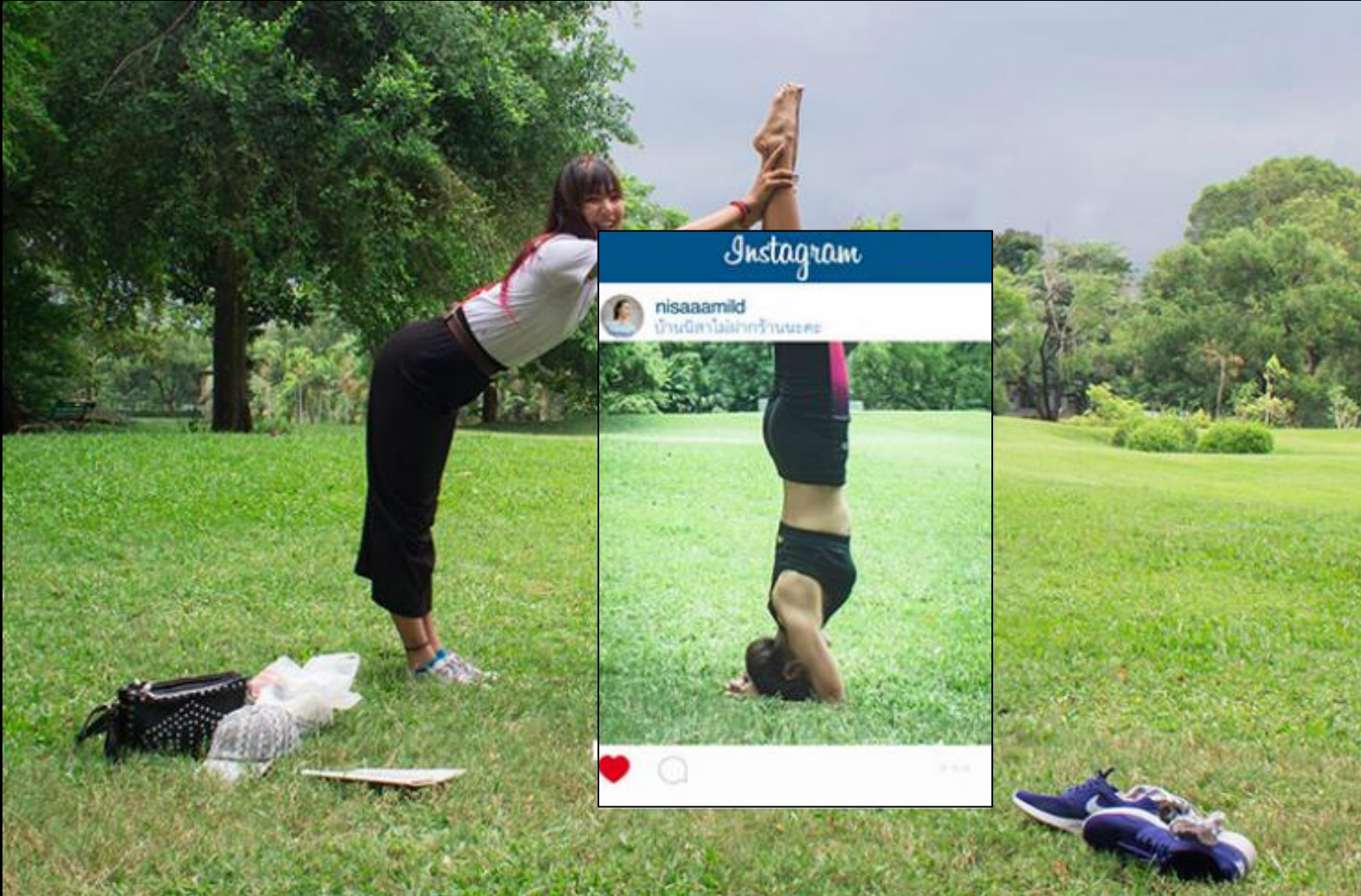


nisaamild

บ้านดีใจไม่แพ้ใครในทะเล



0 likes



Instagram



nisaamild

บ้านดีใจไม่แพ้ใครนะ



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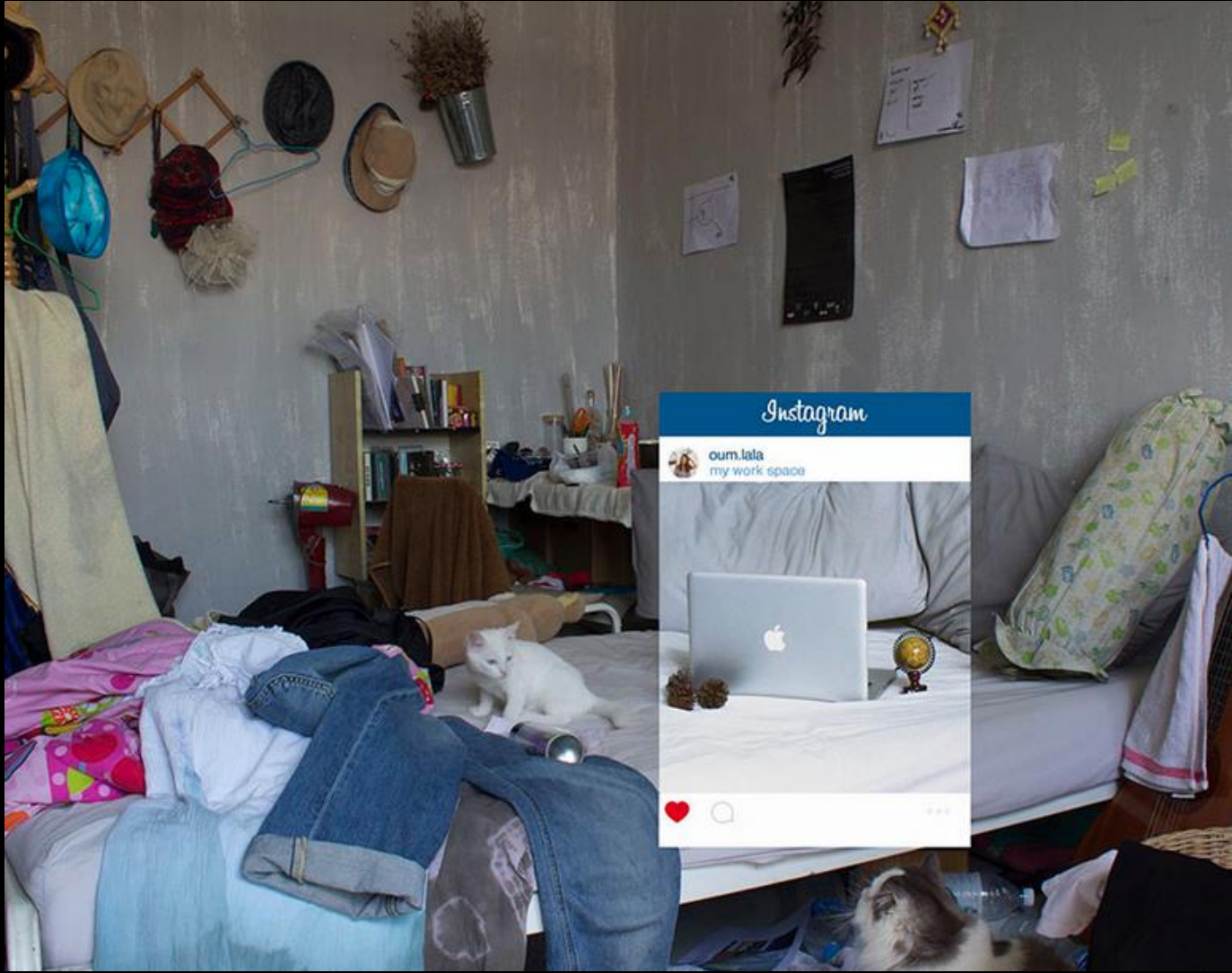
Instagram



shu.ga
samui island



0 0 0



Instagram



oum.lala

my work space









onlybelle

🕒 63w



📄 14 likes

🗨️ **onlybelle** i feel like im dying... and I'd know.
😔💔 #yearlytantrum

THE MOST INSPIRING WOMAN YOU'VE MET THIS YEAR

App creator, social-media sensation, author, terminal cancer patient. ELLE sits down with Belle Gibson, the *relentlessly positive force* behind The Whole Pantry



Two things about Belle Gibson are hard to believe: the first is that she's only 26 years old, and the second is she has terminal brain cancer. Meeting her doesn't

betray either fact, by appearance nor attitude. Not only is the Melbourne mother-of-one wise beyond her years – having lived a bigger, messier, more vibrant life than most people twice her age – but she glows. Really and truly. That Gibson looks as well as she does is a miracle in itself. In 2009, aged just 20, she was diagnosed with terminal brain cancer and given four months to live. After spending eight of those 16 weeks trying in vain to shrink the tumour through conventional therapy like radiation and chemotherapy, she turned to holistic alternatives. She says the move not only prolonged her life, but inspired her to create The Whole Pantry (TWP): the app that's made her a surprise tech sensation, with 200,000 Instagram followers who worship her, a companion book newly published by Penguin Books and a tick of approval by the almighty Apple.

Billed as the world's first health, wellness and lifestyle app, TWP isn't a clean eating program, or a weight loss plan, but a resource tool for

anyone wanting to revolutionise their diet or, as Gibson explains, "embrace food as a life source, not just fuel". Offering wholesome recipes, product recommendations and digital shopping lists – and opening up users to a community of like-minded people – it was an instant hit when it launched in August last year, with 200,000 downloads in its first month.

Its success led Apple to nominate it as the best food and drink app of 2013 and at one stage it was pre-installed on all in-store iPads globally. The tech giant also came knocking when it was looking for apps to include on a demo model of its buzzy Apple Watch, which will be available in early 2015. In August this year, Gibson and her developer travelled to Apple HQ in Silicon Valley to work on creating a hands-free version of TWP for the revolutionary device.

It's a staggering set of achievements for anyone, let alone a young woman with limited culinary training and no background in the notoriously male-dominated world of tech development. Or someone who's faced more adversity than one person should have to suffer – and we're not just referring to her illness. Gibson describes her

childhood as "unconventional", but it's a considerable understatement. The first few years of her life were spent moving from one small Queensland town to another, with a mother who suffered from multiple sclerosis and an autistic brother diagnosed with depression.

With an absentee father, Gibson served as the family's primary caretaker from the age of six. Both she and her brother were severely overweight, subsisting on frozen meals and cheap fruit juice. Then, aged 12, she left home. "It wasn't one of those really obnoxious 'I hate you' sort of things," she explains. "It was a very considered, grounded decision. I was carrying way too much and, although my mum didn't really know how to take it, she knew not to argue with me."

Gibson spent the rest of her teen years moving between friends' houses and juggling high-school exams with antisocial hours working in hospitality. It was during Gibson's drifting that she started caring for a veggie patch in a shared apartment courtyard – a small but life-changing veggie patch – as it turned out. "It was the first time I was exposed to where food came from, and it created a natural sort of yearning to eat that food," she says. "I started reading cooking columns in newspapers and learning everything I could. I don't know why I was acting like a 50-year-old when I was a teenager but I'm so freaking lucky that I did."

Because, not long afterwards, the then-20-year-old Gibson suffered a stroke at work while she calls her body's "final alarm bell". She'd been feeling unwell for some time – suffering headaches, blurred vision and memory problems – but was prescribed antidepressants, despite the severity of her symptoms. "There were times when I'd find myself in the CBD and couldn't remember how to get home. I'd sit for hours trying to be rational but thinking, 'You can't remember where you are or where you're going and this is scary!'"

Three weeks after the stroke, she was

diagnosed with cancer. "The specialist called me in and said, 'You have brain cancer, Belle. You have four months, tops,'" she says, her voice getting as close as it does to cracking over the course of her interview with ELLE. "My protective mechanisms went up quite quickly. I didn't cry; just said, 'Okay, thank you.'"

The weeks immediately following were the most terrifying of her life. "I didn't know where to go or who to turn to, or what was next," she says. "I felt trapped and really senile to be honest... essentially I was pretty alone." Gibson's mother was of little support; she fell into a state of denial after her daughter's initial diagnosis, and they no longer speak. It's something she's come to terms with, but it can't have been easy in those first lonely, confusing, scary months.

Gibson's physical reaction to her first round of chemotherapy was so shocking (one day she woke up in a city park just opposite the hospital, hours after throwing up and passing out) that she refused a second. Instead, she threw herself into the business of healing her body, reading everything she could find about the power of clean eating.

"I started travelling around the country, speaking to anyone who might help me and treating myself through healthy food and holistic medicine," she says. "I was empowering myself to save my own life, through nutrition, patience, determination and love – as well as salt, vitamin and Ayurvedic treatments, craniosacral therapy [a hands-on healing technique that involves light touches on the bones of the skull, spine and pelvis to release tension], oxygen therapy, colonics and a whole lot of other treatments."

It soon became an all-encompassing passion, and the road that led to TWP unfurled in front of her. "The weird convoluted events of my life until then all shifted together and I knew what I had to do and where to look," she says, with her enduring assuredness. What she did was join Instagram. ☞

"She threw herself into the business of healing her body, reading everything she could find about the power of clean eating. I started travelling around the country, speaking to anyone who might help me and treating myself through healthy food and holistic medicine. I was empowering myself to save my own life, through nutrition, patience, determination and love"



THE WHOLE PANTRY

Over 80 new recipes with a back-to-basics approach
to wellness, lifestyle and nutrition

x



Belle Gibson



**Photoshopping
a baby's eyes**

**Pretending to
have cancer**

What's the most inauthentic thing you've seen anyone post...

or what is the most inauthentic thing you've ever posted?



**Social media is a tool
for defining ourselves**







THE
MAZE RUNNER

DIVERGENT





Disney
FROZEN II





Disney

ENCANTO



Severance

Apple tv+

**Social media is a tool
for defining ourselves**

**Social media is a tool
for defining ourselves**

**We are all on a quest to
make sense of ourselves**



Possible 'sources of the self':

Yourself

Others

God/Transcendent

Adapted from:
Charles Taylor,
Sources of the Self



Others

A person with dark hair is shown from the chest up, wearing a white, featureless mask. They are holding a large bouquet of yellow flowers in front of their chest. The background is dark and out of focus.

Billy Joel

**‘Well, we all have a face
That we hide away forever
And we take them out
And show ourselves when everyone
has gone.’**

A black and white close-up portrait of Peter Sellers. He is wearing thick, dark-rimmed glasses and looking directly at the camera with a slight, enigmatic smile. The background is a blurred brick wall.

**‘There used to be a me beneath the mask,
but I had it surgically removed.’**

Peter Sellers



Others



Yourself

A top-down view of a 4x4 grid of eggs on a bright yellow background. Most of the eggs are cracked open, showing their white interiors. The egg in the second row, second column is the only one that is uncracked and shows its brown exterior. A dark grey horizontal bar is overlaid across the middle of the grid, containing white text.

‘I want to be unique, just like everybody else.’

A man in a dark blue suit and light-colored shirt is leaning over a thick, rustic wooden table. He has a very angry and intense expression, with his mouth wide open as if shouting or screaming. His right hand is clenched into a fist on the table, and his left hand is flat against the table surface. The background is a plain, light-colored wall.

‘I’ll show them who I really am.’





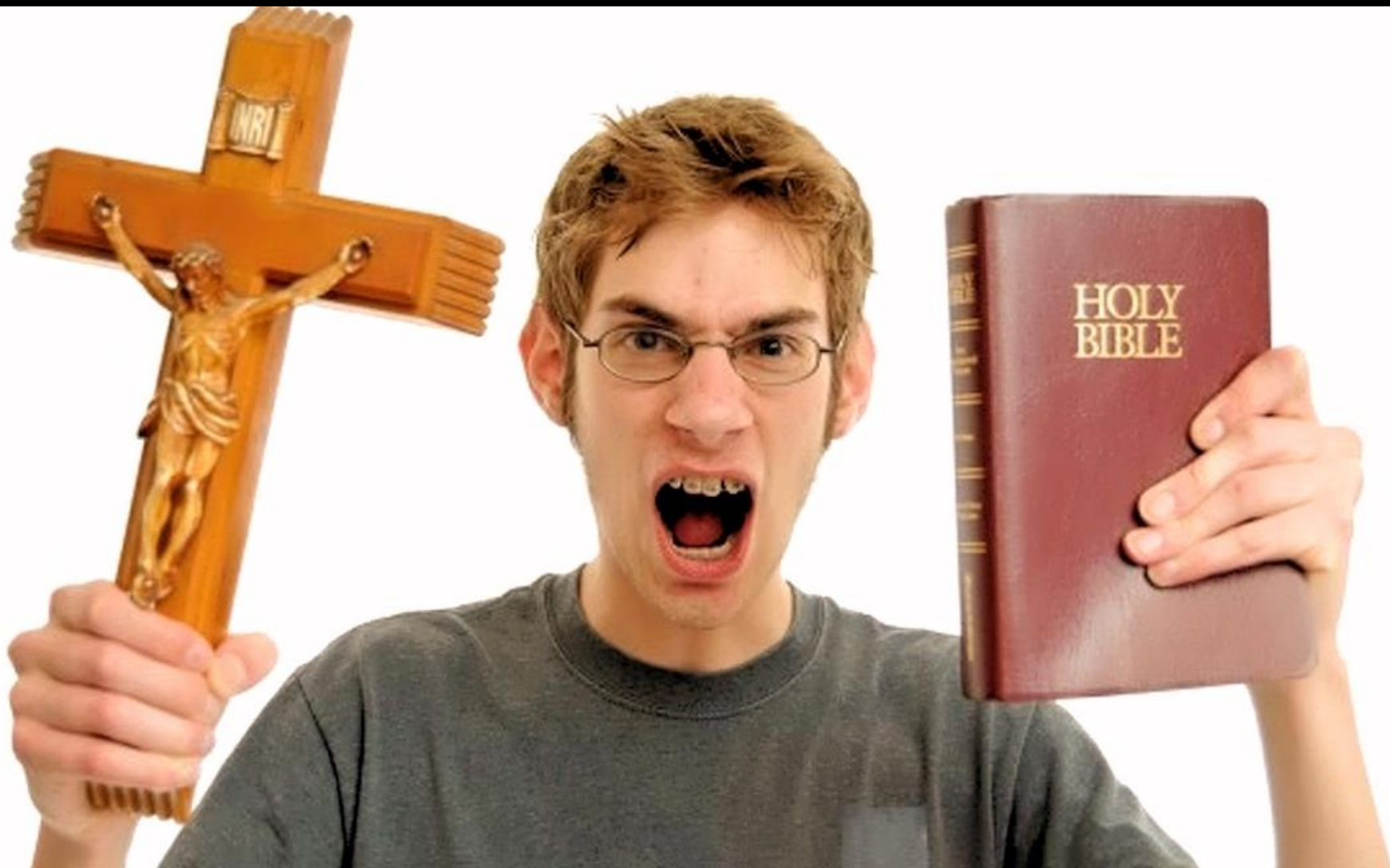
Yourself



God/Transcendent

JESUS







A close-up, low-angle shot of a man's face, looking upwards and to the right. The lighting is warm and dramatic, highlighting his eyes and the texture of his skin. Three dark rectangular boxes with white text are overlaid on the right side of his face.

Yourself

Others

God/Transcendent



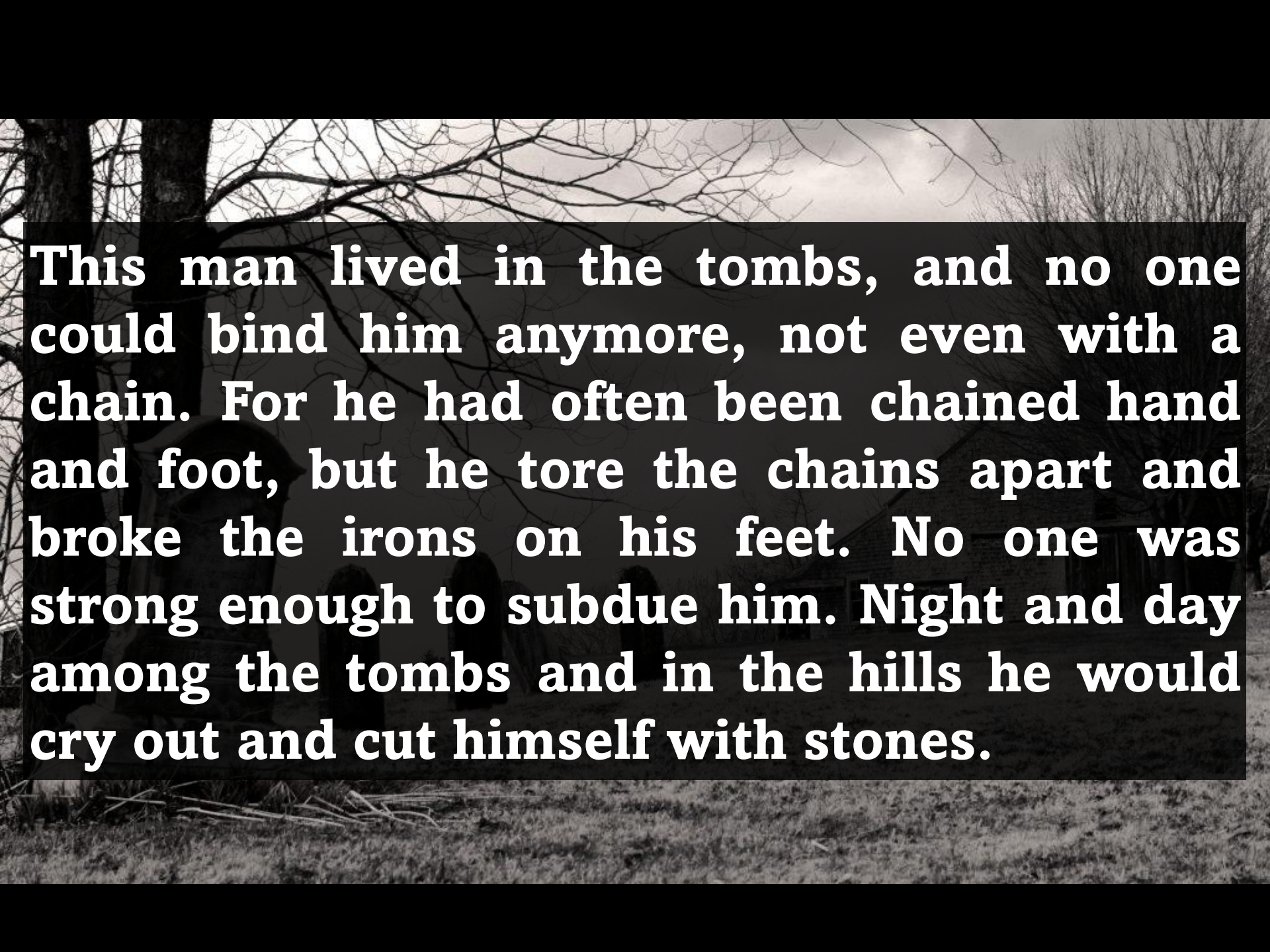
God



The Man Without a Selfie

A young woman with reddish-brown hair and freckles is shown from the chest up. She has her right hand raised to her forehead, with her fingers slightly spread, as if in deep thought or contemplation. Her eyes are looking downwards and to the right. The background is dark and out of focus. A semi-transparent black rectangular box is overlaid across the middle of the image, containing white text.

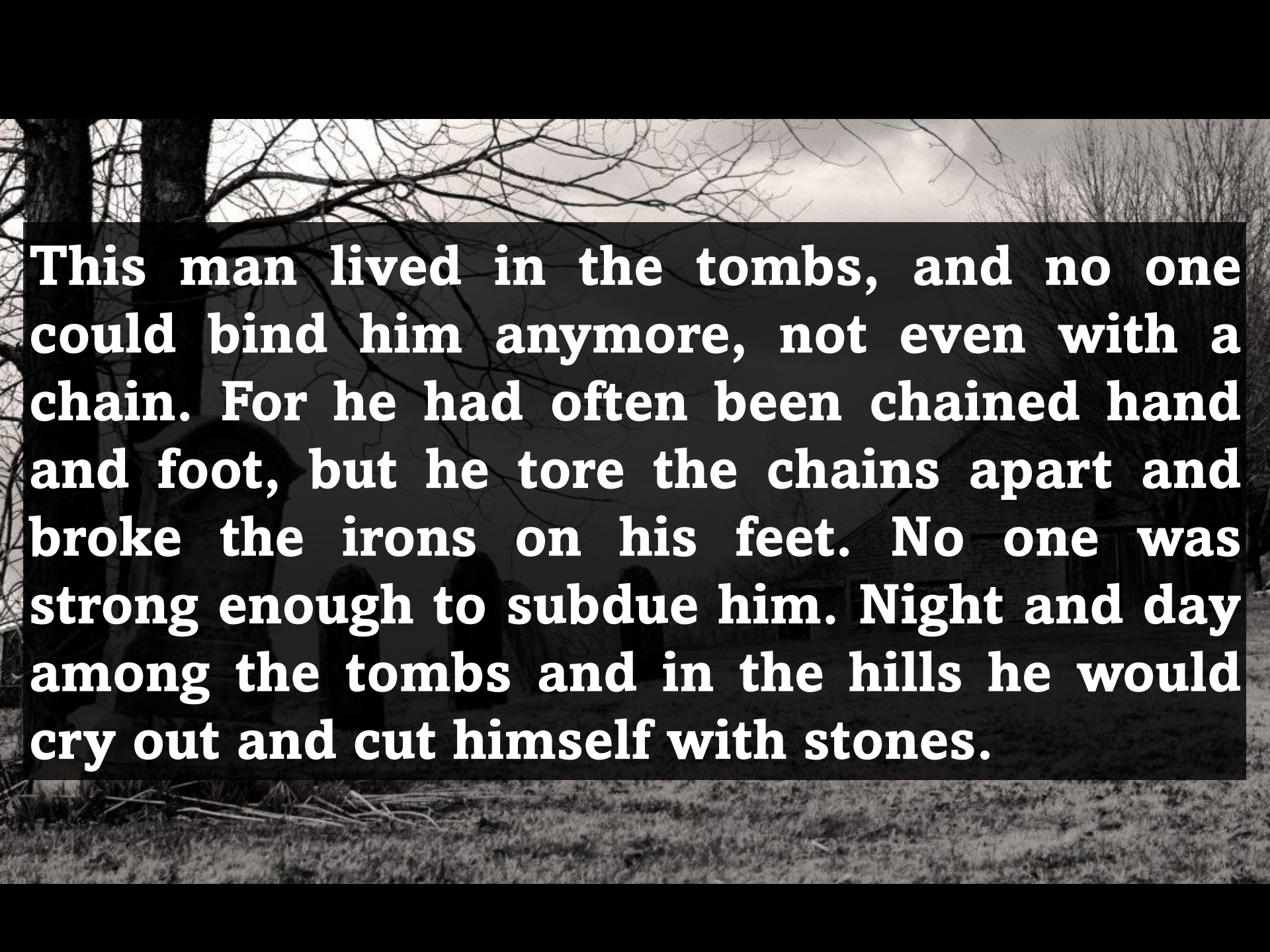
**What if a life oriented towards God
made you more human, and not
simply more religious?**

A black and white photograph of a cemetery. In the foreground, there are several tombstones of various shapes and sizes. The background is filled with bare, leafless trees, suggesting a winter or late autumn setting. The sky is overcast. The overall mood is somber and quiet.

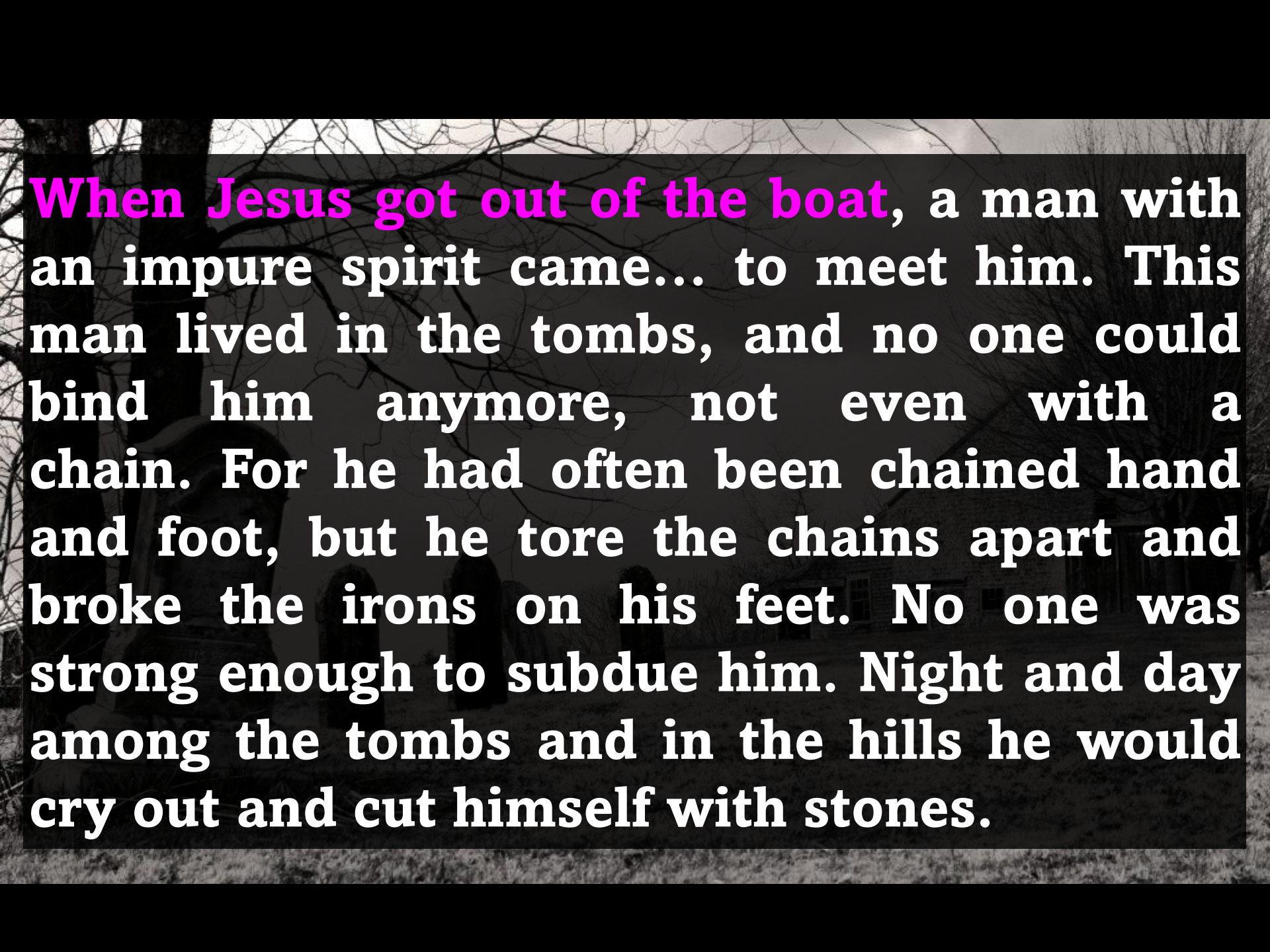
This man lived in the tombs, and no one could bind him anymore, not even with a chain. For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. Night and day among the tombs and in the hills he would cry out and cut himself with stones.



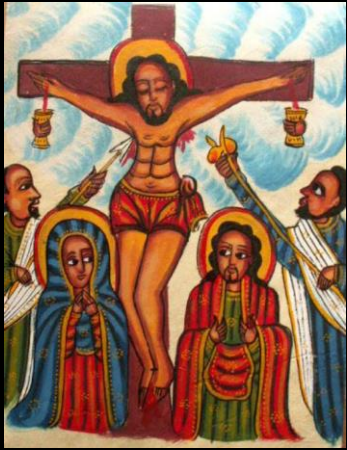
For a long time this man had not worn clothes or lived in a house, but had lived in the tombs.

A black and white photograph of a cemetery. In the foreground, there are several tombstones of various shapes and sizes. The background is filled with bare, leafless trees, their intricate branches silhouetted against a pale, overcast sky. The overall atmosphere is somber and quiet.

This man lived in the tombs, and no one could bind him anymore, not even with a chain. For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. Night and day among the tombs and in the hills he would cry out and cut himself with stones.



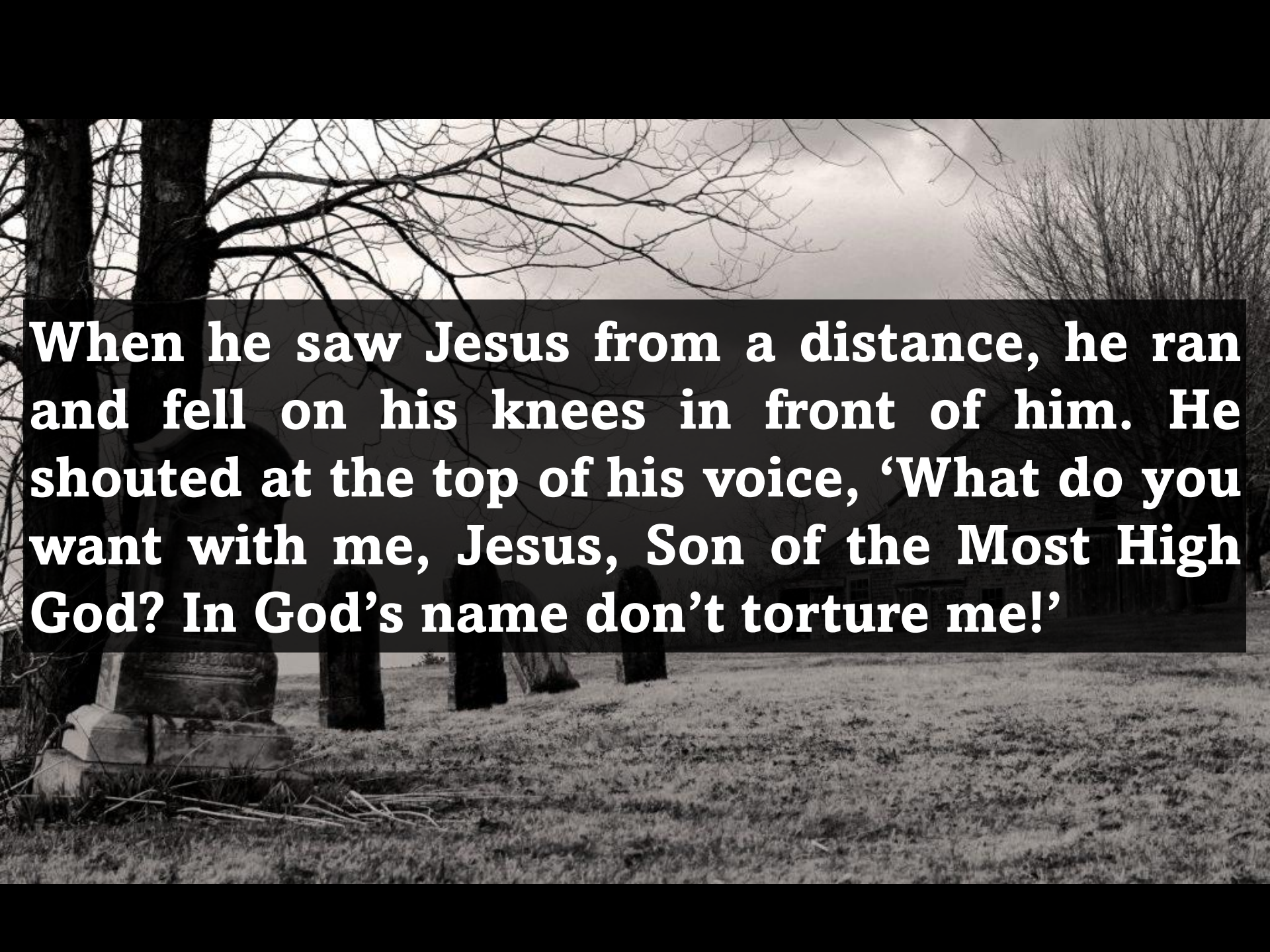
When Jesus got out of the boat, a man with an impure spirit came... to meet him. This man lived in the tombs, and no one could bind him anymore, not even with a chain. For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. Night and day among the tombs and in the hills he would cry out and cut himself with stones.





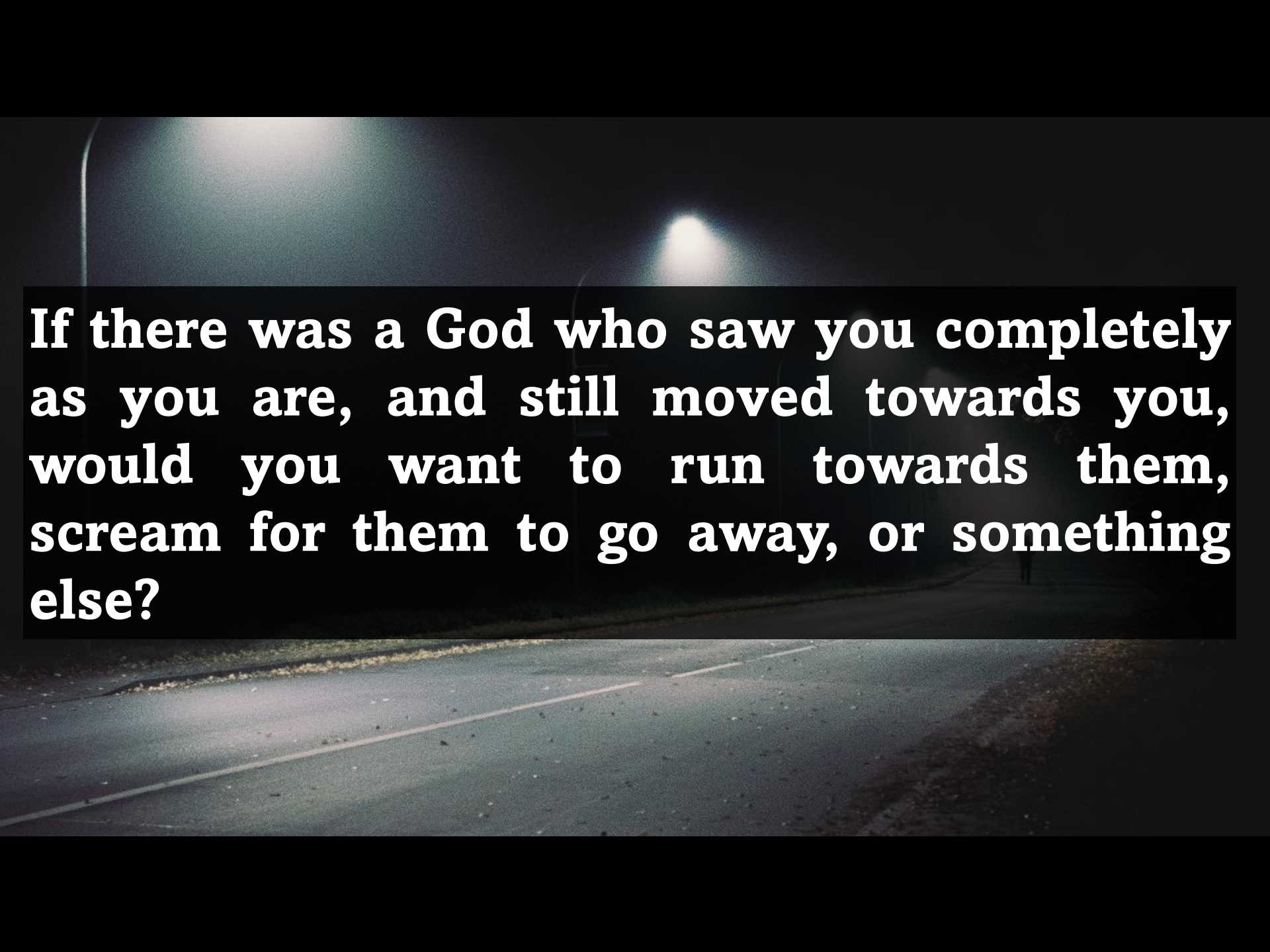
‘It is uninhabitable.’

Jorge Luis Borges

A black and white photograph of a cemetery. In the foreground, there are several tombstones of various shapes and sizes, some appearing to be made of stone or brick. The ground is covered in grass and some dry leaves. In the background, there are several bare trees with intricate branch structures against a cloudy sky. The overall atmosphere is somber and quiet.

When he saw Jesus from a distance, he ran and fell on his knees in front of him. He shouted at the top of his voice, ‘What do you want with me, Jesus, Son of the Most High God? In God’s name don’t torture me!’

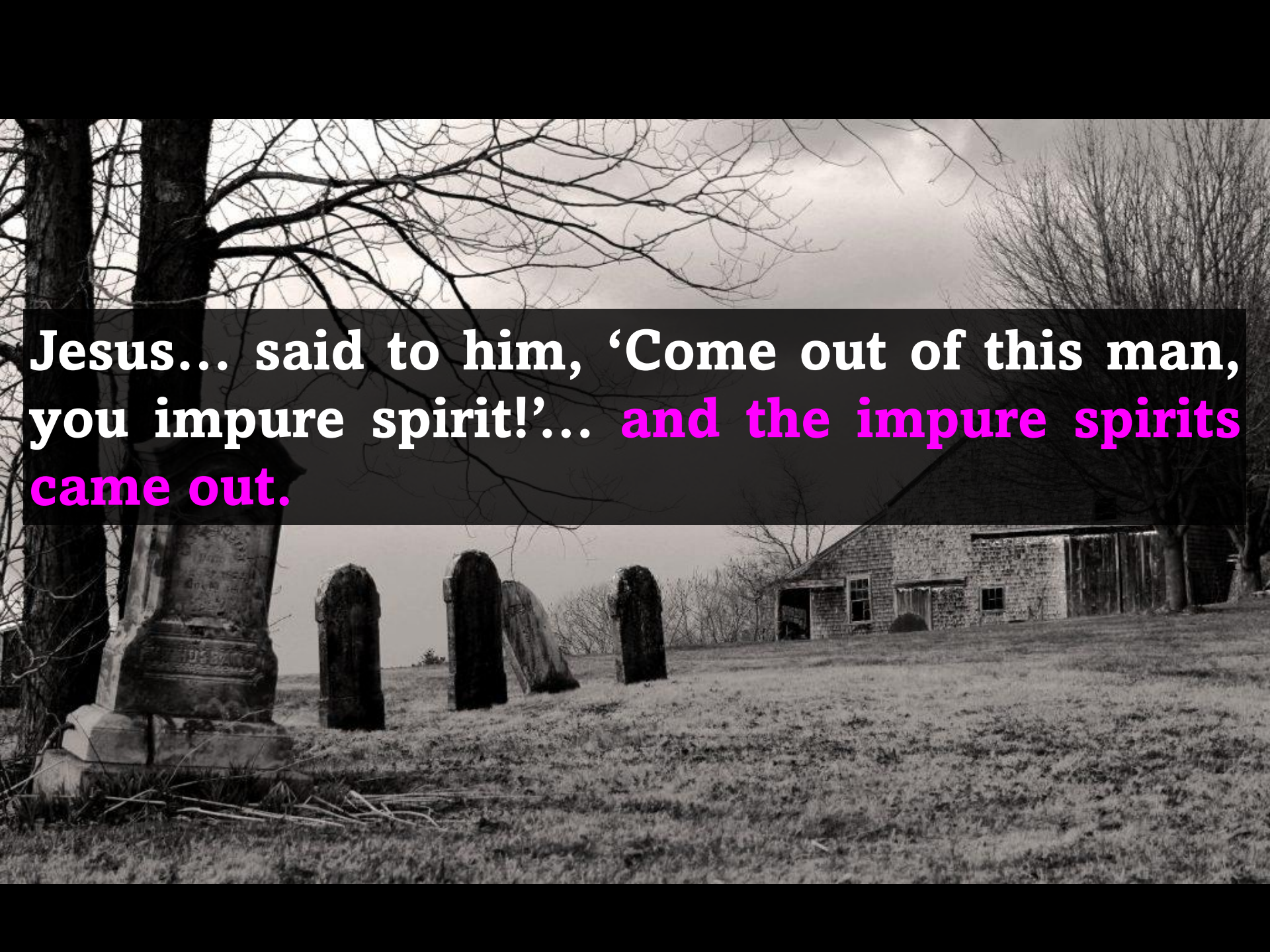


A dark, atmospheric night scene of a road. A single street lamp in the distance casts a soft glow, illuminating the road surface and the surrounding darkness. The road curves slightly to the right. The overall mood is mysterious and contemplative.

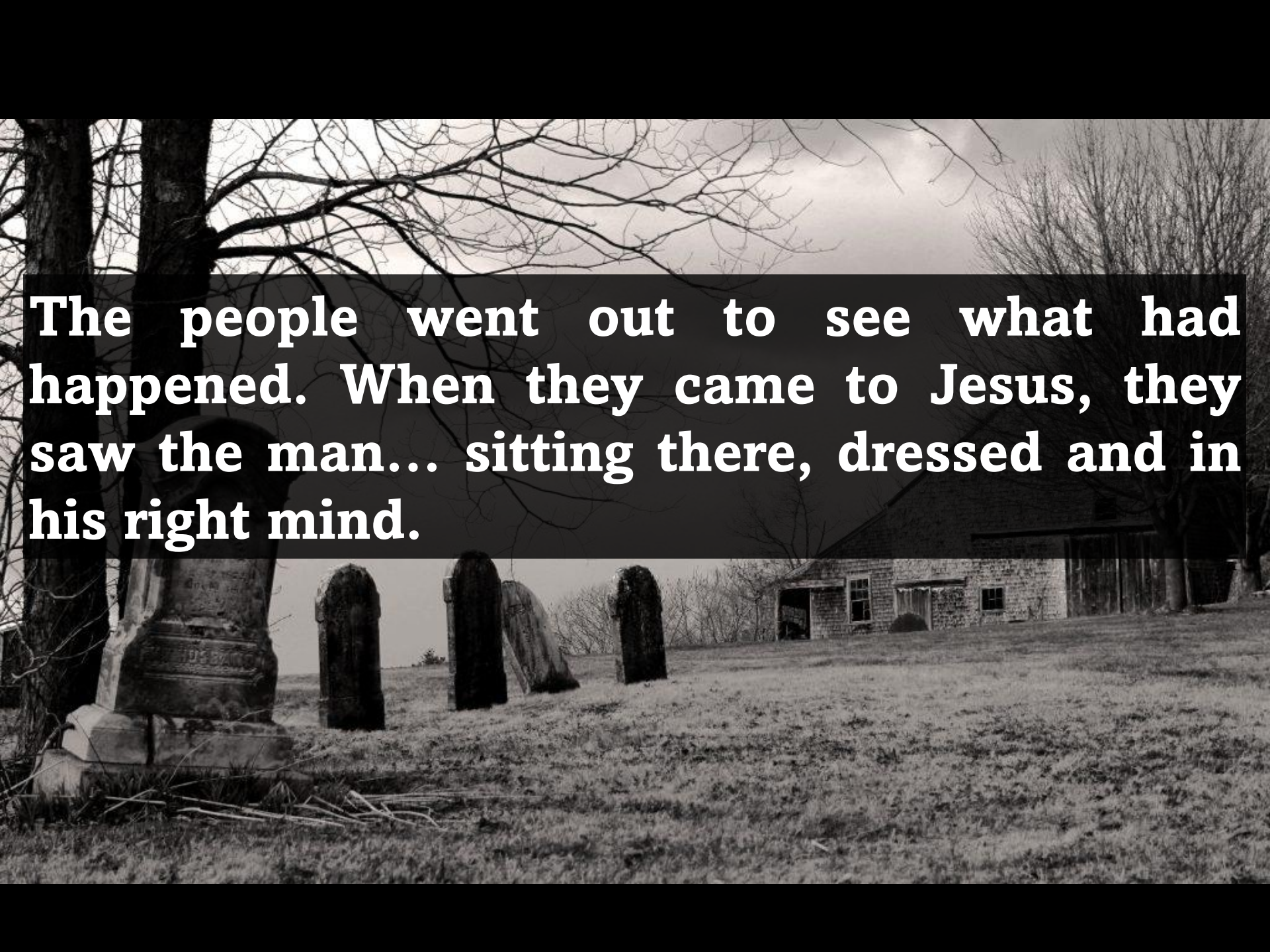
If there was a God who saw you completely as you are, and still moved towards you, would you want to run towards them, scream for them to go away, or something else?



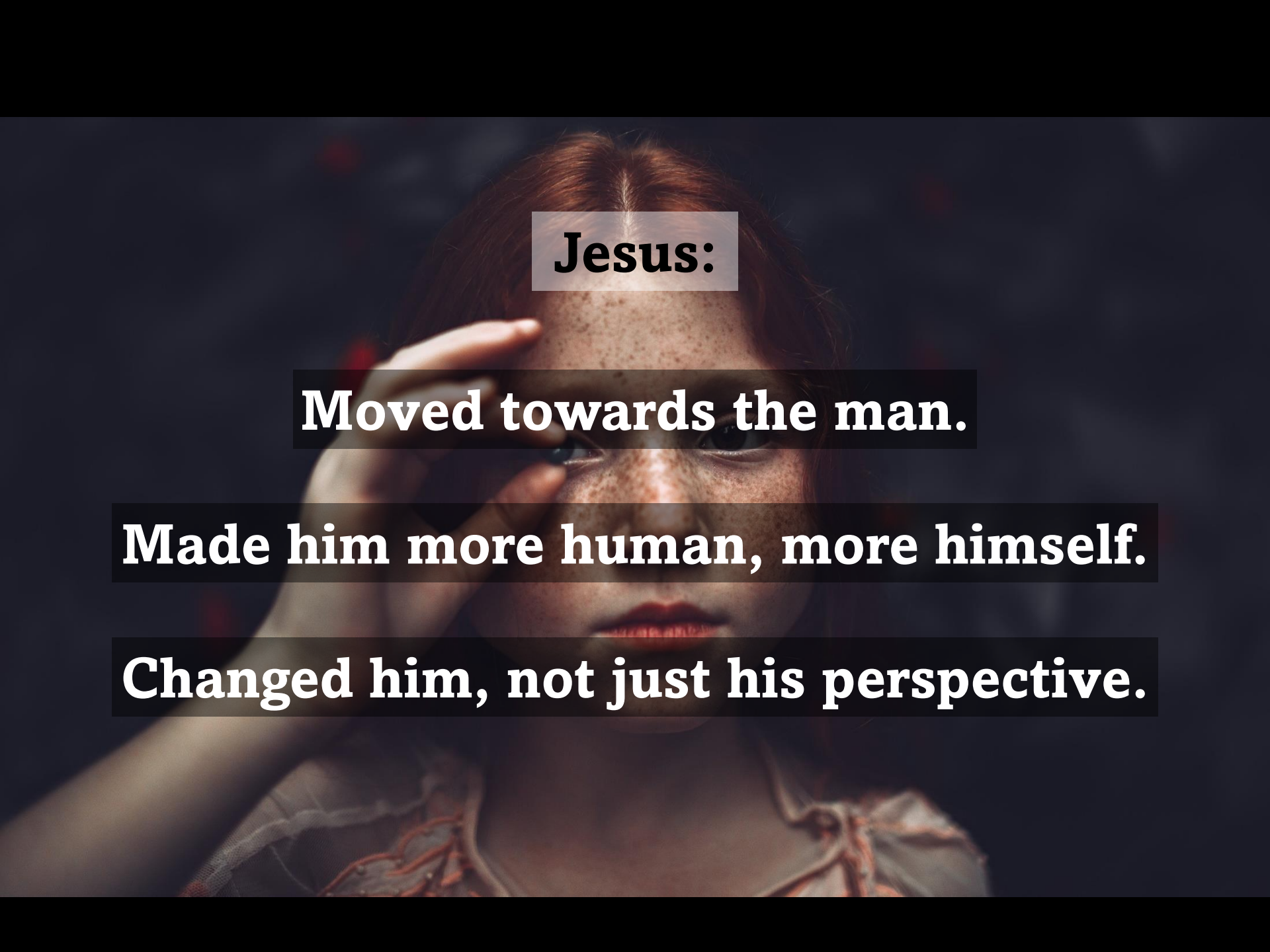
Jesus... said to him, 'Come out of this man, you impure spirit!'...



**Jesus... said to him, ‘Come out of this man,
you impure spirit!’... and the impure spirits
came out.**



The people went out to see what had happened. When they came to Jesus, they saw the man... sitting there, dressed and in his right mind.



Jesus:

Moved towards the man.

Made him more human, more himself.

Changed him, not just his perspective.



What if God still:

Moves towards us.

Makes us more human, more ourselves.

Changes us, not just our perspective.



When someone adds you:

Block

Follow

Accept



With God, you can:

Ignore

Investigate

Welcome



