

# Stress of being a celebrity essay sample

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Last week, a woman signing herself “ Want the Truth in Westport” wrote to Ann Landers with a question she just had to have answered. “ Please find out for sure,” she begged the columnist, “ whether or not Lena Horne has had a face-lift.” Fortunately for Ms. Horne’s privacy, Ann Landers refused to answer the question. But the incident disturbed me. How awful it would be to be a celebrity, I thought, and always be in public eye. Celebrities lead very stressful lives, for no matter how glamorous or powerful they are, they have too little privacy, too much pressure, and no safety.

For one thing, celebrities don’t have the privacy an ordinary person has. The most personal details of their lives are splashed all over the front pages of the National Enquirer and the Globe so that bored supermarket shoppers can read about “ Liz and her new love” or “ Burt’s deepest fear.” Even a celebrity’s family is hauled into the spotlight. A teenage son’s arrest for pot possession or a wife’s drinking problem becomes the subject of glaring headlines. Photographers hound celebrities at their homes, in restaurants, and on the street, hoping to get a picture of a Jackie Onassis in curlers or a Burt Reynolds in a fistfight. When celebrities try to do the things that normal people do, like eat out or attend a football game, they run the risk of being interrupted by thoughtless autograph hounds or mobbed by aggressive fans.

In addition, celebrities are under constant pressure. Their physical appearance is always under observation. Famous women, especially, suffer from the “ she really looks old” or the “ boy, has she put on weight” spotlight. Unflattering pictures of celebrities are photographers’ prizes to be sold to the highest bidder; this increases the pressure on celebrities to look good at all times. Famous people are also under pressure to act calm and

collected under any circumstances. There's no freedom to blow off steam or to do something just a little crazy. Therefore, people who forget this must suffer the consequences.

Most important, celebrities must deal with the stress of being in constant danger. The friendly grabs, hugs, and kisses of enthusiastic fans can quickly turn into uncontrolled assaults on a celebrity's hair, clothes, and car.

Celebrities often get strange letters from people who become obsessed with their idols or from people who threaten to harm them. The attempt to kill Ronald Reagan and the murder of John Lennon came about because two unbalanced people tried to transfer the celebrity's fame to themselves.

Famous people must live with the fact that they are always fair game – and never out of season.

Some people dream of starring roles, their names in lights, and their pictures on the cover of People magazine. I'm not one of them, though. A famous person gives up private life, feels pressured all the time, and is never completely safe. So let someone else have that cover story. I'd rather lead an ordinary, but calm, life than a stress-filled public one.