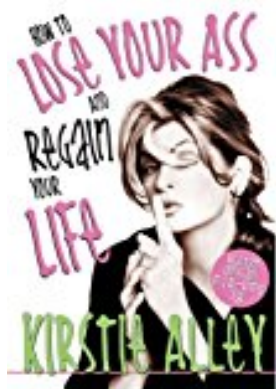


[PDF] How To Lose Your Ass And Regain Your Life: Reluctant Confessions Of A Big-Butted Star

Kirstie Alley - pdf download free book



Books Details:

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Description:

The increasing girth of Kirstie Alley's rear end has figured prominently (pun intended) on many a tabloid cover in recent years. At the peak of her career ("Cheers"), of course, her butt was indeed at its smallest. It's no surprise that she therefore sums up her life philosophy this way: one's level of

happiness tends to be inversely proportional to the size of one's posterior.

With extremely salty language on par with what you might hear in a 50 Cent song, Alley has penned a self-deprecating Hollywood tell-all in the guise of "note-to-self"-style diary entries. With many apologies to Bridget Jones, we learn that Alley is a former cocaine addict who once participated in the snorting of a six-foot-long trail of powder at a party. (She says she's currently a Scientologist and credits L. Ron Hubbard with curing her of her narcotic addiction, as well as her issues with food.) We also learn--for better or worse--that she has the hots for John Travolta, Kid Rock, and Ben Affleck, and that she blames her weight gain for a super-extended period of unplanned celibacy.

As crass as she is (she kisses and tells, even including the sordid details of her losing her virginity in the front seat of a Chevy Impala), it's hard not to feel sympathetic for Alley. She admits that following a miscarriage in her third month of pregnancy and subsequent diagnosis of infertility--which were also broadcast in the tabloids--her weight started ballooning. And as much as she dishes about Hollywood actors such as Tim Matheson (of *Animal House* fame), she has the decency to leave Parker Stevenson, her ex-husband and father of their two adopted children, out of the gossiping. Even so, overall, this feels like a strangely extended endorsement of *Dianetics*. --*Erica Jorgensen* --This text refers to an out of print or unavailable edition of this title.

About the Author Kirstie Alley is a much-loved American actress. She has starred in America's No 1 sitcom, *Cheers*, for six years; appeared in many successful movies including *Look Who's Talking* and *Deconstructing Harry*; been nominated for six Emmys (winning twice); and won a Golden Globe and two People's Choice awards. She is currently starring in and co-producing a new, unscripted comedy series called *Fat Actress*, in which she plays a fictionalised version of herself. --This text refers to an out of print or unavailable edition of this title.

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