



How To Lose Your Ass and Regain Your Life: Reluctant Confessions of a Big-Butted Star

Kirstie Alley

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Dear Diary,

Decided to write book today.

Thought am good writer, am smart gal, have interesting sex-filled (lie) life.

Thought can write about men, life, love, family, food, sex, and fat assedness.

Thought can share stories with tiny-buttred and big-buttred alike.

Can tell people why fat, why (was) cokehead, why traffic jams and herbal laxatives don't mix, and why suede pants and sprinklers have same rule.

Can show smarts and ingenuity...(Note to self: should seek patent on ideas for multiple uses of triple-x elastic-waisted pants, and negotiate with airlines on new seating classes invented by self.)

More important...can show world how life is beautiful and funny, no matter size of butt.

There was once a girl named Kirstie Lou.

She dreamed that one day she would be a huge star. So she worked hard to achieve her dream--never suspecting just *how* huge she would one day become.

This is the story of her Tiny-Butted then Big-Butted then Tiny-Butted life...with true tales of men, mischief, loss, cocaine, suede pants, religion, chicken and noodles and family, all thrown into the pie.

Buon Apetito!

Alley's accounting gives readers and intimate look into her life while providing a hilarious view of being overweight in a skinny-obsessed world. Whether readers are struggling with weight or personal integrity - or if they're just looking for love and happiness - they'll identify with Alley's experiences. She tells it like it is and helps us laugh at ourselves (and others.)

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Joshua Canfield:

The book *How To Lose Your Ass and Regain Your Life: Reluctant Confessions of a Big-Butted Star* can give more knowledge and also the precise product information about everything you want. So why must we leave the great thing like a book *How To Lose Your Ass and Regain Your Life: Reluctant Confessions of a Big-Butted Star*? Some of you have a different opinion about guide. But one aim which book can give many data for us. It is absolutely right. Right now, try to closer with the book. Knowledge or data that you take for that, you are able to give for each other; you may share all of these. Book *How To Lose Your Ass and Regain Your Life: Reluctant Confessions of a Big-Butted Star* has simple shape nevertheless, you know: it has great and big function for you. You can search the enormous world by open up and read a reserve. So it is very wonderful.

Marissa Wegener:

Reading a publication tends to be new life style within this era globalization. With reading you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can share their idea. Guides can also inspire a lot of people. A great deal of author can inspire all their reader with their story or their experience. Not only the story that share in the textbooks. But also they write about the data about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors on this planet always try to improve their skill in writing, they also doing some exploration before they write for their book. One of them is this *How To Lose Your Ass and Regain Your Life: Reluctant Confessions of a Big-Butted Star*.

Coralee Lowe:

The reserve with title *How To Lose Your Ass and Regain Your Life: Reluctant Confessions of a Big-Butted Star* has lot of information that you can study it. You can get a lot of benefit after read this book. This particular book exist new understanding the information that exist in this e-book represented the condition of the world currently. That is important to yo7u to find out how the improvement of the world. This book will bring you in new era of the glowbal growth. You can read the e-book on your own smart phone, so you can read the idea anywhere you want.

Francis Griffin:

That publication can make you to feel relax. This specific book *How To Lose Your Ass and Regain Your Life: Reluctant Confessions of a Big-Butted Star* was colorful and of course has pictures on the website. As we know that book *How To Lose Your Ass and Regain Your Life: Reluctant Confessions of a Big-Butted Star* has many kinds or type. Start from kids until youngsters. For example *Naruto* or *Private eye Conan* you can read and believe you are the character on there. Therefore not at all of book are generally make you bored, any it offers you feel happy, fun and unwind. Try to choose the best book for yourself and try to like

reading which.

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