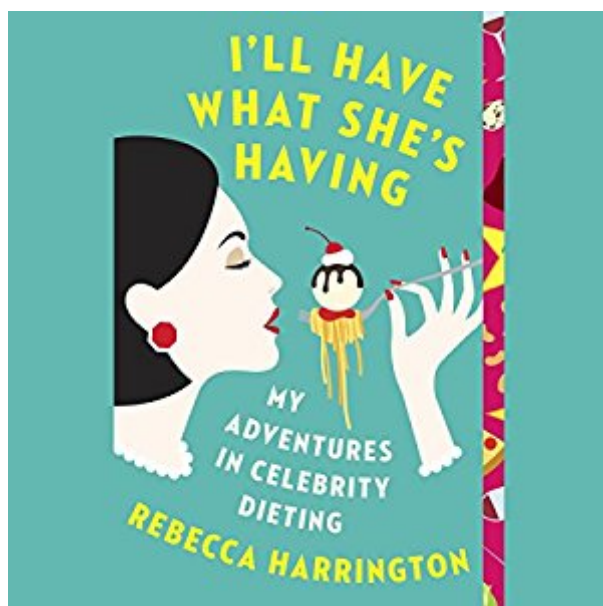


The book was found

I'll Have What She's Having: My Adventures In Celebrity Dieting



Synopsis

A hilarious look at the eating habits of the fit and famous - from Gwyneth's goji berry and quail egg concoctions to Jackie Kennedy's baked potato and Beluga caviar regimen - Rebecca Harrington leaves no cabbage soup unstirred in her wickedly funny, wildly absurd quest to diet like the stars. Elizabeth Taylor mixed cottage cheese and sour cream; Madonna subsisted on "sea vegetables;" and Marilyn Monroe drank raw eggs whipped with warm milk. Where there is a Hollywood starlet offering nutritional advice, there is a diet Rebecca Harrington is willing to try. Facing a harrowing mix of fainting spells, pimples, and salmonella, Harrington tracks down illegal haggis to imitate Pippa Middleton, paces her apartment until the wee hours drinking ten Diet Cokes à la Karl Lagerfeld, and attempts something forbiddingly known as the "Salt Water Flush" to channel her inner Beyoncé. Rebecca Harrington risks kitchen fires and mysterious face rashes, all in the name of diet journalism. Taking cues from noted beauty icons like Posh Spice (alkaline!), Dolly Parton (Velveeta!), Sophia Loren (pasta!) and Cameron Diaz (savory oatmeal!), I'll Have What She's Having is completely surprising, occasionally unappetizing, and always outrageously funny.

Book Information

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in Books > Audible Audiobooks > Humor > Essays #722 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

Customer Reviews

This a fun, fast read - I completed it in one sitting. Mainly because I could not stop laughing and was fascinated by the crazy lengths famous ladies went to lose weight. (Fun fact: Greta Garbo subsisted on three weeks on nothing but spinach after a studio head told her she was too fat for American tastes.) This brave writer actually tried all these diets, in the name of journalism. UGH! The Marilyn Monroe diet alone would have killed me. And Jackie O.'s stringent caviar and baked potato plan

sounds heinous. I would love to read a sequel to this book. What did Mae West dine on? Did Marie Antoinette live solely on cake? Inquiring minds want to know!

You know you really liked a book when you are sad when it is over. I was hoping for several more chapters at least. Rebecca Harrington did a wonderful job of telling us her struggles with different celebrity diets. Some diets were much harder to maintain than others. Just trying to find ingredients for some of the recipes was a struggle. Rebecca's sense of humour was spot on and she made you laugh through the good diets and the Not so good ones. I'll Have What She Is Having is a funny, enjoyable book!!

Very funny read. My favorite parts were the dinner parties. I think toward the end I was a little over the experiment-- as I am sure Ms. Harrington was as well. It was a joke that carried on a little too long for me. That being said, I still enjoyed this read and would recommend it to anyone wanting a laugh!

This book is simple and basic fun. It's an interesting look into the lives and diets of celebrities from a writer's point of view. The author is fun and interesting and definitely devoted to giving anything a try. This isn't going to give an in depth analysis of any one's diets and rituals, it's all fun and experimenting

This was a very witty book that had me literally laughing out loud in certain places. Some of the celebrities chosen, though, were from so long ago, that their diets were very outdated. I also question why some were chosen, like Prince William's sister-in-law. Overall, though, I did enjoy reading this. It was a nice, light read, pardon the pun.

Mildly amusing. While we are interested in celebrity diets and eating habits, the topic is really too slight for an actual book. Her approach is to share as much about their workouts as what it is like to eat the food. The book is a reach and she didn't even maximize what she had to work with.

I thought this book was a great mindless beach day kind of book. The author has a great sense of humor and you feel connected with her throughout. I really enjoyed this book and the funny attempts to eat like a celebrity!!! Wish she had done Jennifer Aniston!

A fun and easy read. It's always interesting to see what others are doing to try and drop a few pounds. Highly recommend for a quiet Saturday afternoon.

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