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Everything About Me Is Fake . . . And I'm Perfect

Everything
About Me Is **Fake...**
and I'm Perfect



JANICE DICKINSON

*Author of **Check, Please!** and **No Lifeguard on Duty***



Synopsis

In *Everything About Me Is Fake...and I'm Perfect*, the hilarious and candid follow-up to the national bestseller *No Lifeguard on Duty*, Janice Dickinson tackles our society's unattainable standards of beauty and reveals the secrets behind her own lifelong struggle to achieve perfection — from her bra-stuffed days as a flat-chested teenager through her career as the world's first supermodel to her ultimate comeback as a bestselling author and television star on the top-rated reality television hit *America's Next Top Model*. Even as she graced the glossy pages of *Vogue* and *Cosmo*, Janice had to struggle to keep up the image of brazen self-confidence and bravado that became her trademark. Behind every smile and pose was a sea of self-doubt and insecurities. Now, after years of experience as a supermodel — being stitched into clothing, starving herself, and undergoing cosmetic surgery — Janice debunks the beauty myths and breaks down what's real and what's not. Drawing on her vast knowledge of fashion, beauty care, and fitness, Janice offers no-nonsense advice and tips on how to look and feel your best on your own terms. You see on the magazine pages starve themselves for weeks on end, smoke up a storm, and scarf down enough diuretics to blast out the Pacific Ocean. No one tells a story like the world's first supermodel, and Janice's eagerly awaited follow-up is filled with outrageous anecdotes from her personal life, including how she stole Donald Trump's heart after jacking his limo, her steamy date with JFK Jr., and the wonders and pitfalls of going under the knife. In a fabulous fashion that only Janice can deliver, she tells all about her bumpy and unpredictable road to a healthy self-image and pulls back the curtain on the modeling industry, as well as her own life, proving why, as Janice explains: "Everything about me is fake . . . and I'm perfect."

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Customer Reviews

Addict's review somewhat harsh and a bit inaccurate. Mystic Pizza, Steel Magnolias and Pretty Woman were all made in the 1980s and Julia Roberts filmed an episode of "In the Wild" with the orangutans of Borneo in 1992, so Janice wasn't too far off. And we know that Twiggy and Shrimpton predate Janice by a decade or so, but no one called them supermodels. Janice coined the term. If she wants to wear that dress, then let her "she" earned the right. It's easy to criticize this book if you're looking for the same stark and heartfelt pain in "No Lifeguard On Duty," when Janice talks about the abuse she suffered from her father as a child, and how various people in the industry ran over her during her heyday. But the book is not meant to be a sequel to her first book or represent some sort of literary achievement. Dickinson does claim to be Ayn Rand or Edna Ferber and to hold her to a high literary standard is unfair and misplaced. It's the snarky, sarcastic, Joan Rivers side of Janice that many people find fun and amusing. I admit, I am a fan and I do not apologize. The book is just meant to be taken for what it is "a look or commentary from her point of view at society and the media's obsession with perfection and beauty ideals that cause celebrities to behave strangely. It actually says a lot more than she probably intended. To accuse her of doing too many drugs is a bit of a cheap shot and cowardly. I also have a problem with reviewers challenging the veracity of her stories. I'm sure she has embellished some to some extent, but I doubt a woman who would be so painfully honest about the abuse she suffered as a child would make up stories for the sake of a book, especially when she would have no reason to "she lived the life. I was a bit skeptical of her encounters with Cosby in "No Lifeguard," but I believe her now. So if you're looking for an intimate look into her life or some literary triumph, then keep looking - this is not the book for you. But if you enjoy a lighthearted look at the life from the view and experiences of someone who lived through a lot and still has the guts and the courage to speak her truth, then ignore the haters and jump in with an open mind. Just enjoy the book for what it is. It's her

commentary on the industry and the media and the public from her eyes. Her cynicism and sarcasm are hard-earned through the life she's led. Sure, some of it is her own doing, but she admits that. That doesn't mean she should be persecuted for being victimized by people she trusted.

I really enjoyed "No Lifeguard on Duty" Dickinson's pre ATNM book. But "Everything about me is Fake" was an irritating bore. Dickinson as usual distorts facts and timelines but this time with absolutely no resemblance to reality. She shaves off ten years here and ten years there in most of her recollections. She gives the reader the impression that she isn't capable of remembering when things happened or if they really happened at all. Her accounts of her life in her first book were extremely exaggerated yet seemed to contain kernels of truth. This time around her recollections are too distorted to be believable. She never tires of portraying herself as either the victim, the unattainable siren or the perfect mother. Her tale gets old fast. In one episode she says she met Julia Roberts at a lavish party, she says in the 80's, right after Julia filmed her documentary about orangutans. Hello, Julia Roberts filmed that in 1998. She wasn't even a big star in the 80's. Petty criticism, maybe. But I like to think the author has some grip on reality. As one who actually watched her Dr. Phil episode, which Janice's details, I found her account laughable and scary. No, the audience didn't applaud her like she was at a Stones concert. In fact when she said she was "perfect" they began to laugh. No it was not a PSA to young women but maybe one for the damage that drugs can cause the brain. It was truly cringe-worthy. Her descriptions of her encounters with John Lennon, President Reagan and Barbra Streisand were surreal. Maybe she met them but I highly doubt what she says happened actually did. Maybe these are inconsequential grievances for some but they completely eroded her credibility for me. While "Lifeguard" was interesting filled with glimpses of the modeling world in the 70's and 80's, "Everything" is more of an homage to the wonderfulness of Ms. Dickinson. I was hoping for interesting tidbits about Ms. Dickinson's life with her new found ATNM fame. There are some, like her compatibility with Kimora Lee Simmons. However they are overshadowed by her constantly reminding the reader of the fabulousness of Janice. Which is all well and good in moderation. I always thought Janice was fabulous. I don't know who she wants to convince more, the reader or herself. I am flabbergasted that her editor didn't rein her in, even a tad. I used to be a great fan of Ms. Dickinson's growing up but this book has shown that her rebound success on ANTM has warped her brain even more than it already was. I don't think I'll be purchasing the third installment.

she is such a riot

Janice's childhood like was like a train wreck; she rose above it but still carries many of the scars with her to this day. Childhood abuse really forms who you are at a very young age; you never escape it but one can learn to live with it.

If you read her first book, *No Lifeguard on Duty*, this will be just as much of a treat. She delivers advice and details about her life in her typical blunt, ballsy, take-no-prisoners style. You'll laugh more reading this book than her last, because her first was more soul-searching through the most painful moments of her life, this book takes a more light-hearted look at how her life has been since the first one, how being a judge on *America's Next Top Model* has affected her, and how being a full-time mother and supermodel hasn't slowed her down one bit. She truly speaks from the heart and from experience. Janice gives it to you straight, whether you like it or not. No apologies. Yet she lets her vulnerable side shine through, like when she talks about her children, her family, etc. She also gives good advice to women about how the fashion industry is selling us all lies with their airbrushed and digitally enhanced images of perfection (not a shock, right?). She really helps put it all in perspective. If you're looking for a warts-and-all look at how a supermodel's life REALLY is, this is the book. Also read her first book, once you try Janice, you've GOT to go back for more!

Poor Janice, she continues to brag about herself on almost every page. Her insecurities as obvious as her plastic surgery. If it weren't for the bragging and her spite towards others, I may have found a smidgen of something interesting she had to say.

FUNNY READ. WE HAVE ENJOYED ALL HER BOOKS.

I didn't dig this book..

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