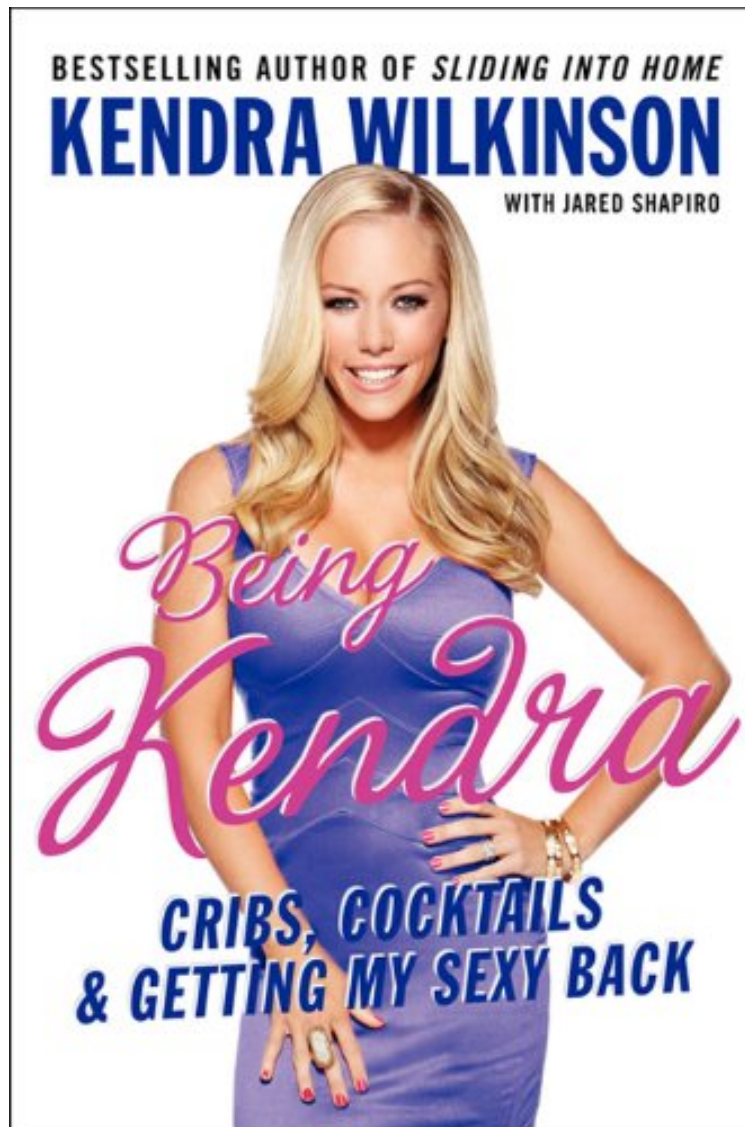


[Ebook pdf] Being Kendra: Cribs, Cocktails, and Getting My Sexy Back

Being Kendra: Cribs, Cocktails, and Getting My Sexy Back

Von Kendra Wilkinson
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KurzbeschreibungIn the intimate follow up to her New York Times bestselling memoir *Sliding Into Home*, Kendra Wilkinson reveals the naked truth about her life after *Playboy*the secrets behind regaining her trademark sexy body, the trials of her life as a new mother, the tricks of sustaining her long-distance romance with Hank, and her busy adventures juggling the needs of her husband and baby with the demands of her hit TV career. As fans of *Dancing with the Stars* and *Girls Next Door* know, Kendra is able to tell it like it is, baring everything shes learned about love, hardship, body image, and perseverance, all with the infectious optimism that the world loves her for.

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BuchrückseiteKendra Wilkinson has revealed herself before in the pages of *Playboy* and on her reality show, *Kendra*. Now she reveals her private side, sharing the ups and downs, the joys and challenges of motherhood, marriage, and life in the spotlight. In this intimate follow-up to her New York Times bestseller, *Sliding into Home*, Kendra confides her most candid thoughts and feelings on her experiences as a new mom, and she divulges her secrets on how to do it all and make it look easy, sexy, and fun even when its not. Now with a husband and baby in her life, a booming brand to manage, and her own needs to think about too, Kendra is learning the art of balance, sometimes the hard way. Not wanting to pawn her child off to nannies like so many other stars, Kendra relishes the role of supermomkissing boo-boos, making lunches, scheduling playdatesall while juggling appearances, workout videos, and even training for the ultra-competitive hit show *Dancing with the Stars*. While *Being Kendra* is full of humor and true stories that women can relate to, its also a heartrending look at Kendras very personal journey through some dark places, including a private struggle with postpartum depression and a very public tussle with post-baby weight loss. Kendra, who has always been known for her athletic (and enhanced) figure, opens up about her efforts to get her bikini body back and the difficulty of not looking sexy, which she believed was her most valuable quality. Her fight to lose weight at any cost, chronicled on the covers of countless magazines, has become yet another triumph for Kendra as she continues to succeed in the face of adversity. From dental assistant, to *Playboy* girlfriend and face of a franchise, to wife and new mother, Kendra has embraced what life has thrown at her with determination, fortitude, and a ready laugh. This daring and honest memoir captures Kendra and her family in their best and worst moments as she lives, loves, rebounds, and, ultimately, finds her place in her new world.