
Makeup To Breakup My Life In And Out Of Kiss Peter Criss

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Backstage Pass Penguin

In this intimate, haunting literary memoir and New York Times Notable Book of the year, an American icon tells her own story for the first time -- about a challenging and lonely childhood, the craft that helped her find her voice, and a powerful emotional legacy that shaped her journey as a daughter and a mother. One of the most celebrated,

beloved, and enduring actors of our time, Sally Field has an infectious charm that has captivated the nation for more than five decades, beginning with her first TV role at the age of seventeen. From Gidget's sweet-faced "girl next door" to the dazzling complexity of Sybil to the Academy Award-worthy ferocity and depth of Norma Rae and Mary Todd Lincoln, Field has stunned audiences time and time again with her artistic range and emotional acuity. Yet there is one character who always remained hidden: the shy and anxious little girl within. With raw honesty and the fresh, pitch-perfect prose of a natural-born writer, and with all the humility and authenticity her fans have come to expect, Field brings readers behind-the-scenes for not only the highs and lows of her star-studded early career in Hollywood, but deep into the truth of her lifelong relationships--including her complicated love for her own mother. Powerful and unforgettable, *In Pieces* is an inspiring and important account of life as a woman in the second half of the

twentieth century.

How to Fix a Broken Heart Makeup to Breakup

NEW YORK TIMES BESTSELLER • In this thoughtful and revealing memoir, readers will accompany one of the world's most recognizable women on her journey of self-discovery. "I have always felt that life is a solitary journey, that we are each on a train, riding through our hours, our days, our years. We get on alone, we leave alone, and the decisions we make as we travel on the train are our responsibility alone." A remarkable life story rooted in two different worlds, *Unfinished* offers insights into Priyanka Chopra Jonas's childhood in India; her formative teenage years in the United States; and her return to India, where against all odds as a newcomer to the pageant world, she won the national and international beauty competitions that launched her global acting career. Whether reflecting on her nomadic early years or the challenges she has faced as she has doggedly pursued her calling, Priyanka shares her challenges and triumphs with warmth and honesty. The result is a book that is philosophical, sassy, inspiring, bold, and rebellious. Just like the author herself. From her dual-continent twenty-year-long career as an actor and producer to her work as a UNICEF Goodwill Ambassador, from losing her beloved father to cancer to marrying Nick Jonas, Priyanka Chopra Jonas's story will inspire a generation around the world to gather their courage, embrace their ambition, and commit to the hard work of following their dreams.

Chuck D Presents This Day in Rap and Hip-Hop History St. Martin's Press

Most dating books tell you what NOT to do. Here's a book dedicated to telling you what you CAN do. In his book, *Get the Guy*, Matthew Hussey—relationship expert, matchmaker, and star of the reality show *Ready for Love*—reveals the secrets of the male mind and the fundamentals of dating and mating for a

proven, revolutionary approach to help women to find lasting love. Matthew Hussey has coached thousands of high-powered CEOs, showing them how to develop confidence and build relationships that translate into professional success. Many of Matthew's male clients pressed him for advice on how to apply his winning strategies not to just get the job, but how to get the girl. As his reputation grew, Hussey was approached by more and more women, eager to hear what he had learned about the male perspective on love and romance. From landing a first date to establishing emotional intimacy, playful flirtation to red-hot bedroom tips, Matthew's insightfulness, irreverence, and warmth makes *Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve* a one-of-a-kind relationship guide and the handbook for every woman who wants to get the guy she's been waiting for.

Metallica: This Monster Lives Knopf

Fearless, revealing, and compulsively readable, Lita Ford's *Living Like a Runaway* is the long-awaited memoir from one of rock's greatest pioneers—and fiercest survivors. "Heavy metal's leading female rocker" (*Rolling Stone*) bares all, opening up about the Runaways, the glory days of the punk and hard-rock scenes, and the highs and lows of her trailblazing career. Wielding her signature black guitar, Lita Ford shredded stereotypes of female musicians throughout the 1970s and '80s. Then followed more than a decade of silence and darkness—until rock and roll repaid the debt it owed this pioneer, helped Lita reclaim her soul, and restored the Queen of Metal to her throne. In 1975, Lita

Ford left home at age sixteen to join the world's first major all-female rock group, the Runaways—a “pioneering band” (New York Times) that became the subject of a Hollywood movie starring Kristen Stewart and Dakota Fanning. Lita went on to become “heavy rock’s first female guitar hero” (Washington Post), a platinum-selling solo star who shared the bill with the Ramones, Van Halen, Motley Crue, Bon Jovi, Def Leppard, Poison, and others and who gave Ozzy Osbourne his first Top 10 hit. She was a bare-ass, leather-clad babe whose hair was bigger and whose guitar licks were hotter than any of the guys’. Hailed by Elle as “one of the greatest female electric guitar players to ever pick up the instrument,” Lita spurred the meteoric rise of Joan Jett, Cherie Currie, and the rest of the Runaways. Her phenomenal talent on the fret board also carried her to tremendous individual success after the group’s 1979 disbandment, when she established herself as a “legendary metal icon” (Guitar World) and a fixture of the 1980s music scene who held her own after hours with Nikki Sixx, Jon Bon Jovi, Eddie Van Halen, Tommy Lee, Motorhead’s Lemmy, Black Sabbath’s Tony Iommi (to whom she was engaged), and others. Featuring a foreword by Dee Snider, *Living Like a Runaway* also provides never-before-told details of Lita’s dramatic personal story. For Lita, life as a woman in the male-dominated rock scene was never easy, a constant battle with the music establishment. But then, at a low point in her career, came a tumultuous marriage that left her feeling trapped, isolated from the rock-and-roll scene for more than a decade, and—most tragically—alienated from her two sons. And yet, after a dramatic and emotional personal odyssey, Lita

picked up her guitar and stormed back to the stage. As *Guitar Player* hailed in 2014 when they inducted her into their hall of fame of guitar greats: “She is as badass as ever.”

Exaholics HarperCollins

A NEW YORK TIMES NOTABLE BOOK OF THE YEAR • NEW YORK TIMES BEST SELLER • From the indie rockstar of Japanese Breakfast fame, one of TIME's Most Influential People of 2022, and author of the viral 2018 New Yorker essay that shares the title of this book, an unflinching, powerful memoir about growing up Korean American, losing her mother, and forging her own identity. In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With humor and heart, she tells of growing up one of the few Asian American kids at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months spent in her grandmother's tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the East Coast for college, finding work in the restaurant industry, and performing gigs with her fledgling band--and meeting the man who would become her husband--her Koreanness began to feel ever more distant, even as she found the life she wanted to live. It was her mother's diagnosis of terminal cancer,

when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her. Vivacious and plainspoken, lyrical and honest, Zauner's voice is as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, and complete with family photos, *Crying in H Mart* is a book to cherish, share, and reread.

Mysterious Stranger Penguin

Founding drummer Peter “Catman” Criss’ s New York Times bestselling memoir, “the best—and most honest—account of KISS craziness during the band’s heyday in the 1970s” (Publishers Weekly), now in paperback—“KISS fans will love every word” (Rolling Stone). Legendary founding KISS drummer Peter “Catman” Criss has lived an incredible life in music, from the streets of Brooklyn to the social clubs of New York City to the ultimate heights of rock ‘n’ roll success and excess. KISS formed in 1973 and broke new ground with their elaborate makeup, live theatrics, and powerful sound. The band emerged as one of the most iconic hard rock acts in music history. Peter was the heartbeat of the group. From an elevated perch on his pyrotechnic drum riser, he had a unique vantage point on the greatest rock show of all time, with the KISS Army looking back at him night after night. Peter Criscuola had come a long way from the homemade drum set he pounded on nonstop as a kid growing up in Brooklyn. He endured lean years, street

violence, and the roller-coaster music scene of the sixties, but he always knew he’d make it. Now Peter tells of his eye-opening journey from the pledge to his ma that he’d one day play Madison Square Garden to doing just that. He also faced the perils of stardom and his own mortality, including drug abuse, treatment in 1982, near suicides, two broken marriages, and a hard-won battle with breast cancer. *Makeup to Breakup* is the heartfelt account of one of music’s most iconic figures, and the importance of faith and family. Rock ‘n’ roll has been chronicled many times, but never quite like this. “A must-read for all past and present KISS fans and fans of no-holds-barred rock ‘n’ roll tell-alls.”

Kiss and Make-Up St. Martin's Press

revelatory and redemptive memoir from the lead guitarist of the legendary band Def Leppard--the first book ever written by one of its members--chronicling the band's rise to superstardom and how they've maintained it for three decades. Maybe you've heard of Phil Collen as the rock star who gave up alcohol and meat more than twenty-five years ago. Most likely you've seen him shirtless--in photos or in real life--flaunting his impeccably toned body to appreciative female fans. But it wasn't always like this. Collen worked his way up from nothing, teaching himself guitar from scratch as a teenager by imitating his heroes. He slogged it out in London-based pub bands for years, long before Def Leppard transformed from unknowns to icons, from playing openers in near-

empty arenas to headlining in those same stadiums. But as Collen discovered, true overnight success is a myth. Like the other band members, he had to struggle and fight his way to the top; in the end, he says, "our work ethic saved us." This is Collen's story--an underdog tale featuring a bunch of ordinary working-class lads who rose to mega-stardom, and an account of the failures, triumphs, challenges, and rock-hard dedication it takes to make dreams come true.--Adapted from book jacket.

Makeup to Breakup Harper Collins

A New York Times bestseller: The "magnificent" memoir by one of the bravest and most original writers of our time—"A tour de force of literature and love" (Vogue). Jeanette Winterson's bold and revelatory novels have established her as a major figure in world literature. Her internationally best-selling debut, *Oranges Are Not the Only Fruit*, tells the story of a young girl adopted by Pentecostal parents, and has become a staple of required reading in contemporary fiction classes. *Why Be Happy When You Could Be Normal?* is a "singular and electric" memoir about a life's work to find happiness (The New York Times). It is a book full of stories: about a girl locked out of her home, sitting on the doorstep all night; about a religious zealot disguised as a mother who has two sets of false teeth and a revolver in the dresser, waiting for Armageddon; about growing up in a north England industrial town now changed beyond recognition; about the universe as a cosmic dustbin. It is the story of

how a painful past, rose to haunt the author later in life, sending her on a journey into madness and out again, in search of her biological mother. It is also a book about the power of literature, showing how fiction and poetry can form a string of guiding lights, or a life raft that supports us when we are sinking. Witty, acute, fierce, and celebratory, *Why Be Happy When You Could Be Normal?* is a tough-minded story of the search for belonging—for love, identity, home, and a mother.

In Pieces Anchor

"This is among the most helpful, complete, and positive manuals for saving a relationship that I have seen." -- From the Foreword by Harville Hendrix, PhD Dr. Bonnie has been voted one of America's best therapists by Psychology Today! Bring back the love with Dr. Bonnie's Smart Heart Skills. Falling in love is easy; staying in love is hard. If you've ever yearned for a connection, or are tired of being single or divorced. If you've ever wanted more intimacy in your relationship, or worried that you and your partner are falling out of love, internationally acclaimed therapist Dr. Bonnie Eaker Weil is here to help. She knows how to make a relationship last. Her valuable Smart Heart Skills have helped a phenomenal 98 percent of the couples she's worked with to stay together. And with this book, you will receive that same guidance and opportunity for lasting love. Dr. Bonnie Eaker Weil is one of America's best-known relationship experts.

She has appeared on the Today show, The Oprah Winfrey Show, The View, and Good Morning America. Dr. Bonnie's work has been featured in USA Today, Cosmopolitan, Redbook, and the New York Times. She lives in New York City. She teaches an online education to-go course, Marriage and Relationships: Keys to Success: <http://www.ed2go.com/online-courses/marriage-and-relationships> Visit her website at: www.doctorbonnie.com

The Soundtrack of My Life Black Dog & Leventhal

Learn to love yourself and your body with this interactive guide from the “shame-free, fun, cheerful, and no-nonsense” (Bustle) body acceptance advocate and influencer who founded Megababe beauty. “Brilliant, hilarious, adorably illustrated.” —Goop Can you imagine how much free time you’d have if you didn’t spend so much of it body shaming yourself? Katie Sturino knows all too well what it’s like to shit talk yourself. She spent thirty years of her life feeling ashamed of her body and its self-determined wrongness. Now she doesn’t care what anyone thinks of her; she only cares that she’s happy and comfortable with herself. Body positivity and size inclusivity is still a relatively new phenomenon, but Sturino has dedicated her life to unlearning all that beauty standard BS and uses her blog, Instagram, podcast, and non-toxic, solution-oriented beauty products to share the message that changed her life: YOUR BODY IS NOT THE PROBLEM. With Body Talk, an illustrated guide-meets-workbook, Sturino is here to help you stop obsessing

about your body issues, focus on self-love, and free up space in your brain for creative and productive energy. Complete with empowering affirmations, relatable anecdotes, and actionable takeaways, as well as space to answer prompts and jot down feelings and inspirations, Body Talk encourages you to spend less time thinking about how you look and what you eat and more time discovering your inner fierceness.

Unfinished HarperCollins Australia

Severing a relationship is one of life's most painful experiences and cutting those ties can feel like ending an addiction. "Exaholics" offers meaningful support to anyone trapped in the obsessive pain of a broken attachment. She helps the brokenhearted heal, showing them how to understand the emotional processes at work inside themselves, find the path to recovery, and free themselves of shame, injured ego, and remorse."

A Song for You HarperCollins

A one-of-a-kind survey of rap and hip hop history from 1973 to today by Chuck D, arguably the most influential rapper in the world. In the more than 40 years since the days of DJ Kool Herc and "Rapper's Delight," hip hop and rap have become a billion-dollar worldwide phenomenon. Yet there is no definitive history of the genre-until now. Based on Chuck's long-running show on Rapstation.com, this massive compendium details the most iconic moments and influential songs in the genre's recorded history, from Kurtis Blow's "Christmas Rappin'" to The Miseducation of

Lauryn Hill to Kendrick Lamar's ground-breaking verse on "Control." Also included are key events in hip hop history, from Grandmaster Flash's first scratch through Tupac's holographic appearance at Coachella. Throughout, Chuck offers his insider's perspective on the chart toppers and show stoppers as he lived it. Illustrating the pages are more than 100 portraits from the talented artists specializing in hip hop.

Get the Guy Clarkson Potter

Metallica is one of the most successful hard-rock bands of all time, having sold more than ninety million albums worldwide. Receiving unique, unfettered access, acclaimed filmmakers Joe Berlinger and Bruce Sinofsky followed Metallica over two and a half years as they faced monumental personal and professional challenges that threatened to destroy the bands just as they returned to the studio to record their first album in four years. While the documentary itself provides an insider's view of Metallica, the two and a half years of production (and more than 1,600 hours of footage) garnered far more than can be expressed in a two-hour film. Berlinger's book about the experience reveals the stories behind the film, capturing the energy, uncertainty, and ultimate triumph of both the filming and Metallica's bid for survival. It weaves the on-screen stories together with what happened off-screen, offering intimate details of the band's struggle amidst personnel changes, addiction, and controversy. In part because Berlinger was one of the only witnesses to the intensive group-therapy sessions and numerous band meetings, his account of his experience filming the band is the most honest and deeply probing book about Metallica - or any rock band - ever written. This is the book both Metallica and film fans have dreamed of - a stark and honest look at one of rock's most important bands

through the eyes of the most provocative documentary filmmakers working today.

18 and Life on Skid Row Mariner Books

The instant New York Times bestseller Supermodel and philanthropist Gisele Bündchen shares personal stories, insights, and photos to explore lessons that have helped shape her life. Gisele Bündchen's journey began in southern Brazil, growing up with five sisters, playing volleyball, and rescuing the dogs and cats around her hometown. In fact, she wanted to become either a professional volley player or a veterinarian. But at the age of 14, fate suddenly intervened in the form of a modeling scout, who spotted her in São Paulo. Four years later, Gisele's appearance in Alexander McQueen's memorably rain-soaked London runway show in the spring 1998 launched her spectacular career as a fashion model, and put an end to the "heroin chic" era of fashion. Since then, Gisele has appeared in almost 400 ad campaigns and on over 1200 magazine covers. She has walked in more than 470 fashion shows for the most influential brands in the world. Gisele has become an icon, leaving a lasting mark on the fashion industry. But until now, few people have gotten to know the real Gisele, a woman whose private life stands in dramatic contrast to her public image. In Lessons, she reveals for the first time who she really is and what she's learned over the past 37 years to help her live a meaningful life--a journey that takes readers from a childhood spent barefoot in small-town Brazil, to an internationally successful career, motherhood and marriage to quarterback Tom Brady. A

work of great openness and vulnerability, *Lessons* reveals the inner life of a very public woman.

Going Platinum Grand Central Publishing
NEW YORK TIMES and INTERNATIONAL BESTSELLER

In *Face the Music*, Paul Stanley—the co-founder and famous “Starchild” frontman of KISS—reveals for the first time the incredible highs and equally incredible lows in his life both inside and outside the band. *Face the Music* is the shocking, funny, smart, inspirational story of one of rock’s most enduring icons and the group he helped create, define, and immortalize. Stanley mixes compelling personal revelations and gripping, gritty war stories that will surprise even the most steadfast member of the KISS Army. He takes us back to his childhood in the 1950s and ’60s, a traumatic time made more painful thanks to a physical deformity. Born with a condition called microtia, he grew up partially deaf, with only one ear. But this instilled in him an inner drive to succeed in the most unlikely of pursuits: music. With never-before-seen photos and images throughout, Stanley’s memoir is a fully realized and unflinching portrait of a rock star, a chronicle of the stories behind the famous anthems, the many brawls and betrayals, and all the drama and pyrotechnics on and off the stage. Raw and confessional, Stanley offers candid insights into his personal relationships, and the turbulent dynamics with his bandmates over the past four decades. And no one comes out unscathed—including Stanley himself. “People say I was brave to write such a revealing book, but I wrote it because I needed to personally reflect on my own life. I know everyone will

see themselves somewhere in this book, and where my story might take them is why I’m sharing it.” —Paul Stanley

Why Be Happy When You Could Be Normal? Harper Collins
From writer/director Cazzie David comes a series of comedic essays about anxiety, social media, generational malaise, and growing up in a famous family.

Adrenalized Simon and Schuster

“A relationship expert whose work is like that of a scientific Carrie Bradshaw.” —THE OBSERVER A self-affirming, holistic guide for everyone—single or married, divorced or dating—to transforming heartbreak into healing by the founder of the innovative and revolutionary Renew Breakup Bootcamp Amy Chan hit rock bottom when she discovered that her boyfriend cheated on her. Although she was angry and broken-hearted, Chan soon came to realize that the breakup was the shakeup she needed to redirect her life. Instead of descending into darkness, she used the pain of the breakup as a bridge to self-actualization. She devoted herself to learning various healing modalities from the ancient to the scientific, and dived into the psychology of love. It worked. Fast forward years later, Amy completely transformed her life, her relationships and founded a breakup bootcamp helping countless women heal their hearts. In *Breakup Bootcamp*, Amy Chan directs her experience as a relationship columnist and as the creator of Renew Breakup Bootcamp into a practical, thoughtful guide to turning broken hearts into an opportunity to break out of complacency and destructive habits. Dubbed “the Chief Heart Hacker,” Amy Chan grounds her practical advice and tried and tested methods rooted in cutting-edge psychology and research, helping first her bootcamp attendees and now her readers most effectively heal and reclaim their self-love. *Breakup Bootcamp*

comes at the perfect time, when many are feeling the intensity of being in or out of a relationship, lonely or suffocated, and flirting with old toxic relationships they've outgrown. Relatable, life-changing, and backed by sound scientific research, Breakup Bootcamp can help anyone turn their greatest heartbreak into a powerful tool for growth.

No One Asked for This HarperCollins

Larry "Ratso" Sloman, co-author of Scar Tissue, the mega-selling memoir of Red Hot Chili Peppers lead singer Anthony Kiedis, joins forces with founding KISS drummer Peter "Catman" Criss to deliver an unvarnished and eye-opening personal tale of sex, drugs and rock'n' roll. Legendary founding KISS drummer Peter 'Catman' Criss has lived an incredible life in music, from the streets of Brooklyn to the social clubs of New York City to the ultimate heights of rock 'n' roll success and excess. KISS formed in 1973 and broke new ground with their elaborate makeup, live theatrics, and powerful sound. The band emerged as one of the most iconic hard rock acts in music history. Peter Criss, the Catman, was the heartbeat of the group. From an elevated perch on his pyrotechnic drum riser, he had a unique vantage point on the greatest rock show of all time, with the KISS Army looking back at him night after night. Peter Criscuola had come a long way from the homemade drum set he pounded on nonstop as a kid growing up in Brooklyn in the fifties. He endured lean years, street violence, and the rollercoaster music scene of

the sixties, but he always knew he'd make it. Makeup to Breakup is Peter Criss's eye-opening journey from the pledge to his ma that he'd one day play Madison Square Garden to doing just that. He conquered the rock world - composing and singing his band's all-time biggest hit, 'Beth' (1976) - but he also faced the perils of stardom and his own mortality, including drug abuse, treatment in 1982, near-suicides, two broken marriages, and a hard-won battle with breast cancer. Criss opens up with a level of honesty and emotion previously unseen in any musician's memoir. Makeup to Breakup is the definitive and heartfelt account of one of rock's most iconic figures, and the importance of faith and family. Rock 'n' roll has been chronicled many times, but never quite like this.

Body Talk Scribner

You wanted the truth, you got the truth—the hottest book in the world! Fueled by an explosive mix of makeup, costumes, and attitude, KISS burst onto the music scene thirty years ago and has become a rock institution. The band has sold more than eighty million records, has broken every concert attendance record set by Elvis Presley and the Beatles, stands behind the Beatles alone in number of gold records from any group in history, and has spawned more than 2,500 licenses. There would have been no KISS without Gene Simmons, the outrageous star whose superlong tongue, legendary sexual exploits, and demonic

makeup have made him a rock icon. KISS and Make-Up bond with KISS cofounder Paul Stanley; the struggles is the wild, shocking, unbelievable story, from the man he and Paul had with Ace Frehley and Peter Criss and himself, about how an immigrant boy from Israel their departures from the group; the new band studied to be a rabbi, was saved by rock and roll, and members and Eric Carr ' s untimely death; the became one of the most notorious rock stars the world enormous love and affection he has for the people who has ever seen. Before Gene Simmons there was Chaim put him there in the first place—the KISS Army and the Witz, a boy from Haifa, Israel, who had no inkling of ever-loyal KISS fans around the world; his love life, the life that lay ahead of him. In vivid detail Gene including stories about his relationships with Cher and Diana Ross and with Shannon Tweed, Playmate of the recounts his childhood growing up in Haifa under the Year, mother of his son and daughter, and his watchful eye of his beloved, strong-willed mother, a companion of eighteen years; and much more. Full of concentration camp survivor; his adolescent years dozens of photographs, many never-before-seen attending a Jewish theological center for rabbinical pictures from Gene ' s private collection, KISS and studies in Brooklyn; his love of all things American, Make-Up is a surprising, intimate look at the man including comic books, superheroes, and cowboys; and behind the mask. For the first time Gene reveals all his early fascination with girls and sex, which the facets of his complex personality—son, rock star, prompted him to start a rock band in school after he actor, record producer, businessman, ladies ' man, saw the Beatles on The Ed Sullivan Show. KISS and devoted father, and now author. Make-Up is not just the classic story of achieving the American dream through the eyes of an immigrant boy Makeup to Breakup Simon and Schuster making good, but a juicy, rollicking rock and roll read A New York Times bestseller. “ My life was a complete mess, that takes you along for the ride of your life with and God bless all of it. Because it ' s in the messes where we KISS, from the 1970s, when they were the biggest learn the most—as long as we slow down enough to realize what band in the world, through the ' 80s, when they took God is trying to show us.” Suddenly in the spotlight, twenty-four-year-old Hannah Brown realized that she wasn ' t sure off their world-famous war paint, and into the ' 90s, what she wanted. After years of competing in beauty pageants, when they came back bigger and badder than ever to and then starring on The Bachelorette and Dancing with the become the number one touring band in the world. In Stars, she had become incredibly visible. There she was, in her his own irreverent, unapologetic voice, Gene talks early twenties, with millions around the world examining and about the girls (4,600 of them and counting); his tight weighing in on her every decision. She found herself wondering what it would mean to live on her terms. What it

would mean to stop seeking approval from others and decide—for the first time—what it was she wanted from her own life. An honest and earnest examination of her own mid-twenties, *God Bless This Mess* is a memoir that doesn't claim to have all the answers. Hannah knows she doesn't have all the answers. What she does have is the insight of someone who has spent critical years of her youth under public scrutiny. Thus what emerges is a quarter-life memoir that speaks to the set of difficulties young women face, and how to move through them with grace. By pushing against her engrained need to seek approval, and learning how to think critically about her own goals and desires, Hannah inspires others to do the same—and to embrace the messiness that comes hand-in-hand with self-discovery (even if that sometimes means falling flat on your face). Using her time on *The Bachelorette* as a launching pad, Hannah doesn't shy away from the most painful experiences of her life: moments when her faith was tested, when she feared it was lost, and the moments when she reclaimed it on national television. “And Jesus still loves me.” Fans will be inspired by the never-before-told stories: the ones about facing depression and anxiety during her pageant years, the ways in which therapy and journaling have proven to be a saving grace, and the previously private moments—both at home and on television—that have shaped the star's outlook. Honest and emotionally urgent, *God Bless This Mess* is a reminder that true growth doesn't come without strife—and it's through those dark, messy moments that self-acceptance and love can bloom.