



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

By Janice Dickinson

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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-stuffing 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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Editorial Review

From Publishers Weekly

Supermodel Dickinson does not waste time sugarcoating her addictive quest for physical perfection—or "perfection," as she dubs it—in this collection of pithy biographical anecdotes and advice. In blunt, riotous prose, she confesses how utterly unattainable this perfect image is by "ripping off the designer clothes, washing off the makeup, letting the rest of the mascara run, and stripping away all the layers that created my life as a photo shoot." While it may be difficult to swallow this lesson in un-perfection from a supermodel, Dickinson refreshingly steers clear of feel-good platitudes. Instead, as in her last memoir, *No Lifeguard on Duty*, she deliciously dishes on everyone from former lovers Mick Jagger and Sly Stallone, to fellow supermodels Christie Brinkley and Iman, and finally, her-superficial-self. Although ostensibly sensitive to the devastating pressures young women—and girls, including her 10-year-old daughter—face for beauty, she recounts her past debaucheries with little regret. Looking back on the sex-crazed, drug-addled days at the height of her career, Dickinson muses, "Nowadays, all that delicious, reckless self-indulgence has been replaced by the glaze of real life. Am I happier now? Maybe, maybe not." And she's never coy about her endless pursuit for the ultimate body: "I will go to any extent to suffer for beauty. That's just who I am." This includes plastic surgery, Botox, obsessive exercise and even putting on false eyelashes, one at a time. Despite (or perhaps because of) her completely uncensored mouth, Dickinson comes off as likeable and, ironically, very real. 16 color and b&w photos.

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About the Author

Janice Dickinson is the world's first supermodel. She has appeared on the cover of every fashion magazine in the world and is the author of *No Lifeguard on Duty* and *Everything About Me Is Fake . . . and I'm Perfect*. A former judge on CW's smash hit *America's Next Top Model*, she lives in Beverly Hills, California, with her two children.

Users Review

From reader reviews:

Thomas Dacosta:

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Patrick Bergeron:

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Jaime Friend:

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