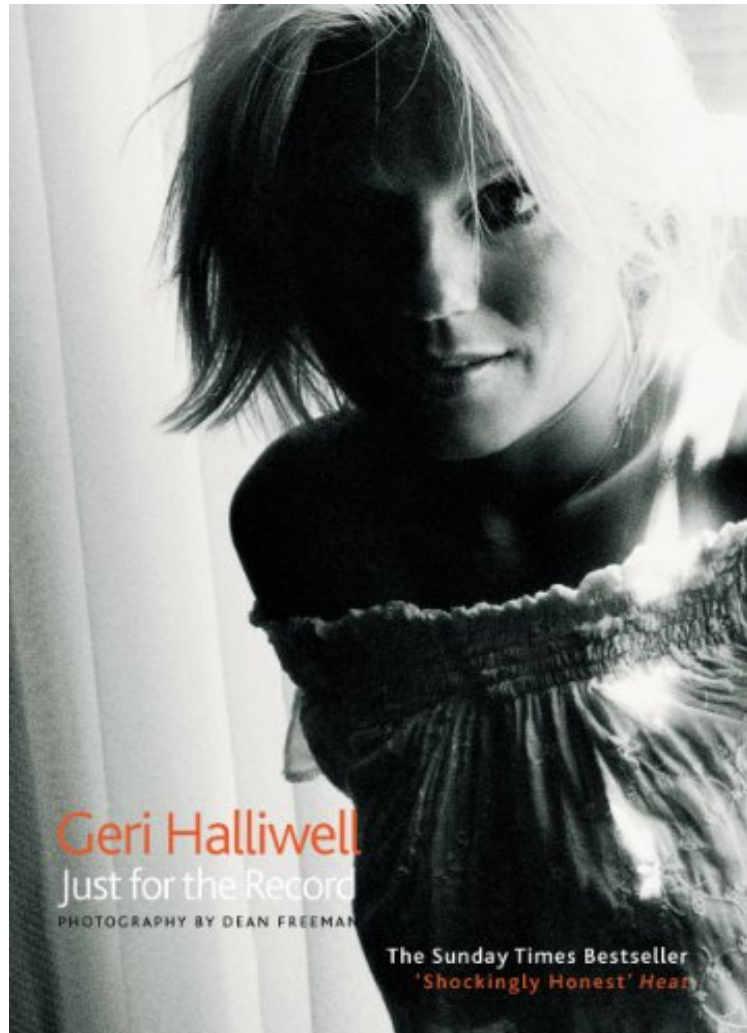


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Just For The Record

Von Geri Halliwell

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Von Geri Halliwell : Just For The Record before purchasing it in order to gage whether or not it would be worth my time, and all praised Just For The Record:

KundenrezensionenHilfreichste Kundenrezensionen5 von 5 Kunden fanden die folgende Rezension hilfreich. Biographie Nummer 2 - Es lohnt sich wirklichVon Ein KundeMit "Just For The Record" verffentlicht Geri Halliwell bereits die zweite Biographie nach ihrem Erstlingswerk "If Only". Diese Fortsetzung hat jedoch durchaus ihren Sinn, denn schlielich ist Geri Halliwell nicht mehr der gefeierte Superpopstar, sondern muss leider immer mehr Hme ber sich ergehen lassen. So finden sich im neuen Buch vor allem selbstkritische uerungen und eine wirklich ernste Diskussion ber Geris Bulimie, sowie der Versuch mit den neuen Misserfolgen umzugehen. Man erfht noch mehr ber den Mensch Geri Halliwell als in ihrer ersten Biographie, obwohl an sich weniger Text vorhanden ist, denn der Groteil

des Buches besteht aus Photographien von Dean Freeman. Trotzdem oder gerade deshalb lohnt sich dieses Buch wirklich. Viel Spa beim Lesen.

Kurzbeschreibung In 2002, *Just For The Record* was the book that everyone was talking about. Then in 2003, repackaged in a new, compact mass-market format, *Just For The Record* did it all over again being one of the most read books of the year. Since the break up of the Spice Girls, Geri has continued to intrigue the media and the masses. But how many of the stories are true? *Just For The Record* reveals all. With particular focus on her personal battle to overcome the eating disorders that have plagued her since childhood, and the stark reality of weight obsession, Geri shares the facts about life after the girl band. This is Geri's story: revealing, frank, brutally honest, and at times shocking..de *Just for the Record* is the second autobiography from ex-Spice Girl, dog lover and United Nations Goodwill Ambassador, Geri Halliwell. In *If Only* Geri charted her "rags to riches" journey from Watford to the point at which she dramatically left the Spice Girls. In this sumptuously illustrated book she candidly explains "what happened next". Her post Spice Girls life has not, it emerges, been easy. Having buried "Ginger Spice", Geri admits it has been a struggle to shake off her old image and establish herself as solo artist. While she did eventually manage to clock up four No. 1 singles and two Top 10 albums, she was plagued by stalkers and the tabloid press and battled with depression and a serious eating disorder. She confesses to regularly starving herself and to bingeing on a chocolate cake fished out of a rubbish bin. The most unnerving thing about this book is the contrast between the images it contains and some of Halliwell's more painful reminiscences. The story has a happy ending: with the help of friends George Michael and Robbie Williams, Geri managed to beat her eating disorders. She now advocates eating well and exercising regularly and seems, even with a somewhat flagging musical career, genuinely content with her lot. The prurient will be disappointed to find she only has nice words for ex-lover Chris Evans and her former colleagues. Wannabes everywhere will find this girl still has the power to charm. --Travis Elborough *Pressestimmen* "A compelling read" (More!)