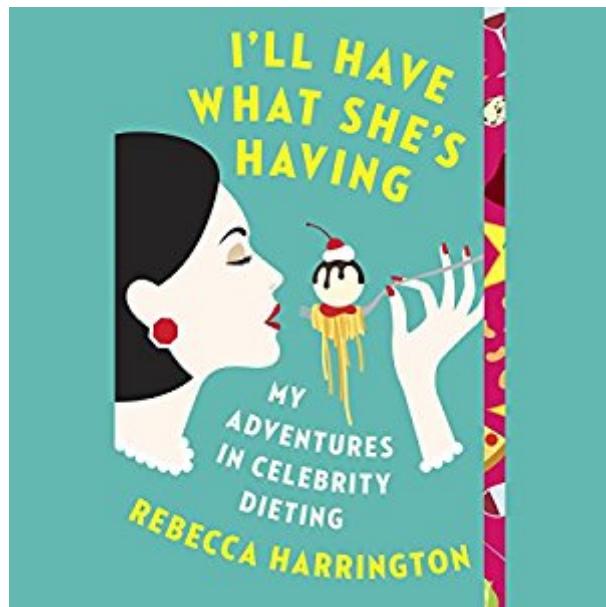


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# I'll Have What She's Having: My Adventures In Celebrity Dieting



## Synopsis

A hilarious look at the eating habits of the fit and famous - from Gwyneth's goji berry and quail egg concoctions to Jackie Kennedy's baked potato and Beluga caviar regimen - Rebecca Harrington leaves no cabbage soup unstirred in her wickedly funny, wildly absurd quest to diet like the stars. Elizabeth Taylor mixed cottage cheese and sour cream; Madonna subsisted on "sea vegetables;" and Marilyn Monroe drank raw eggs whipped with warm milk. Where there is a Hollywood starlet offering nutritional advice, there is a diet Rebecca Harrington is willing to try. Facing a harrowing mix of fainting spells, pimples, and salmonella, Harrington tracks down illegal haggis to imitate Pippa Middleton, paces her apartment until the wee hours drinking ten Diet Cokes à la Karl Lagerfeld, and attempts something forbiddingly known as the "Salt Water Flush" to channel her inner Beyoncé. Rebecca Harrington risks kitchen fires and mysterious face rashes, all in the name of diet journalism. Taking cues from noted beauty icons like Posh Spice (alkaline!), Dolly Parton (Velveeta!), Sophia Loren (pasta!) and Cameron Diaz (savory oatmeal!), I'll Have What She's Having is completely surprising, occasionally unappetizing, and always outrageously funny.

## Book Information

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## Customer Reviews

Rebecca Harrington writes about embarking on 14 diets that celebrities have written about. She buys their cookbooks and sometimes biographies and watches movies in order to see what happens on their regimes, including exercises. The celebrities are; Gwyneth Paltrow, Elizabeth Taylor, Karl Lagerfeld, Marilyn Monroe, Cameron Diaz, Madonna, Greta Garbo, Victoria Beckham,

Beyonce, Jackie Kennedy, Sophia Loren, Pippa Middleton, Carmelo Anthony and Dolly Parton. The writing is humorous and at times ironic. She follows the diet, comments on what happens and her opinions and thoughts. When she has to purchase the food for Gwyneth Paltrow's diet, which Gwyneth started because she had a panic attack and decided she only would eat good food; Rebecca has a small panic attack because of the cost. Day by day we go through the diets. We also learn little tidbits about each celebrity. You might wonder, as she does how the celebrity stays on a diet that leaves her faint with hunger, perhaps they are only for people using barbiturates? There are some incredible, if not downright inedible food combinations. It is interesting to have modern as well as 'classic' celebrities and to learn what these diets entail. It's a book many would enjoy - those who like reading about celebrities, how people behave and dieting itself, which is an almost universal subject.

Very funny read. My favorite parts were the dinner parties. I think toward the end I was a little over the experiment-- as I am sure Ms. Harrington was as well. It was a joke that carried on a little too long for me. That being said, I still enjoyed this read and would recommend it to anyone wanting a laugh!

I've often wondered about the wacky, extreme, and sometimes even dangerous celebrity diets that make the covers of women's magazines in the checkout stands. Does anyone actually follow them? Apparently, at least one person has mustered up the courage to put celebrity diets to the test. Rebecca Harrington covers a wide range of diets that span the decades, and some are quite shocking. Harrington's willingness to explore these strange diets seems almost comparable to Anthony Bourdain, as he willingly ate undercooked iguana or swallowed the live beating heart of a cobra. Fortunately, she didn't have to go that far. Some of the meals she suffered through made me gag at the thought, so she does have guts! I thoroughly enjoyed reading this book, much more than I anticipated. It's more than a rundown of wacky diets, but also contains a fair amount of celebrity trivia that keeps the interest flowing. I found myself wanting to watch an old Marilyn Monroe movie, or google pictures of Karl Lagerfeld's cat. While this book is intended as a humorous look at dieting, it's also a warning in disguise. Harrington approaches every celebrity in her book with grace and commends them for their dedication and good intentions. However, she doesn't glorify their diets or necessarily recommend them. This book is probably a good example of how not to diet, and will hopefully inspire you to do better. I tapped into my inner Gwyneth and found what worked for ME, and devised my own diet that helped me lose over 100 pounds. I never had to touch a quivering

beef liver or eat a slurry of mint leaves and potatoes. We all diet at some point in our lives. I think most people, especially women, will be able to connect with this book and enjoy Harrington's brave experience with celebrity diets.

For some reason, we all seem to be fascinated by what other people eat. Of course, we're especially interested in what famous people eat, as if maybe by eating as they do, some of their fabulosity will transfer to us. And it's nothing new -- I read in Bill Bryson's book about the year 1927, [...], that Charles Lindbergh fans fought over his discarded chicken bones and corn cobs. It's insane. Rebecca Harrington, a novelist in her twenties, has taken on the task of finding out what the celebrities of today and yesterday ate, as well as trying out those diets to see if she can become fabulous too, or at least lose a few pounds in the process. In blog-style chunks, we find out about Sophia Loren's tiny pasta portions, William Howard Taft's boiled fish diet, Marilyn Monroe's raw eggs and milk breakfast, and more. Much more. Harrington's enthusiastic and casual style (heavy on "bunch of" and "basically" and exclamation points) make this a quick and fun adventure. We find that some of the most successful diets, that is the ones that result in the most lost weight, were the ones that were so repulsive that Harrington simply couldn't eat the recommended food. A memorable example was Elizabeth Taylor's steak slathered with peanut butter. A great addition to the "ridiculous stunts that result in a book" genre.

This is a delightful examination of celebrity diets. Selecting luminaries from Jacqueline Kennedy to Beyonce, the author subjects herself and her friends to the fad diets favored by the rich and famous. Some are silly, some disgusting and some are not so bad. The author pokes fun at herself and the general silliness of celeb culture. Overall, this is an amusing book that reads like a series of magazine articles or blog posts. Her jabs are gentle and the fact that she, an educated and seemingly intelligent woman, would subject herself to these ill advised plans, demonstrates the power of celebrity. There is no such thing as instant gratification when it comes to weight loss and while you can never be too rich, you can be too thin. This book is described "diet journalism"; I beg to differ. It is entertainment but not journalism. The regimens presented here and in the tabloid diet issues are only part of the story. They leave out the doctors, nutritionists, personal trainers, and assistants. The author's immersion in her subject is as sad as it is humorous. Unfortunately it mirrors society's fascination with the stars. But it is all in good fun. While not a weighty read, it does provide food for thought.

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