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

By Kendra Wilkinson



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In 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 she's learned about love, hardship, body image, and perseverance, all with the infectious optimism that the world loves her for.



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Being Kendra: Cribbs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson Bibliography

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Editorial Review

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Product Description

Kendra 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* best-seller, *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 it's 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 supermom—kissing boo-boos, making lunches, scheduling playdates—all 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, it's also a heartrending look at Kendra's 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.

A Look Inside *Being Kendra*

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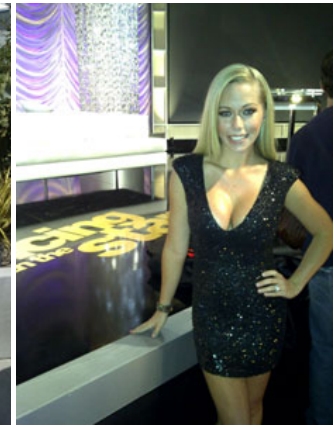
It's all about multitasking.



Fun in the sun with baby Hank at a park in San Diego. His first time at a park and paparazzi, of course, were there!



On the set of DWTS. Hmmm... wonder why I'm smiling?



Hank Jr. loved this dress, which I wore to the cast reveal of *Dancing with the Stars*. I think he just liked the sparkles.

From the Back Cover

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About the Author

Kendra Wilkinson is the star of the hit reality series *Kendra* and former star of the massively popular show *The Girls Next Door*. She lives in Calabasas, California, with her husband, Hank Baskett, and her son, Hank Jr.

Users Review

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The book untitled Being Kendra: Cribbs, Cocktails, and Getting My Sexy Back is the publication that recommended to you you just read. You can see the quality of the reserve content that will be shown to a person. The language that article author use to explained their way of doing something is easily to understand. The author was did a lot of analysis when write the book, so the information that they share for you is absolutely accurate. You also will get the e-book of Being Kendra: Cribbs, Cocktails, and Getting My Sexy Back from the publisher to make you considerably more enjoy free time.

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