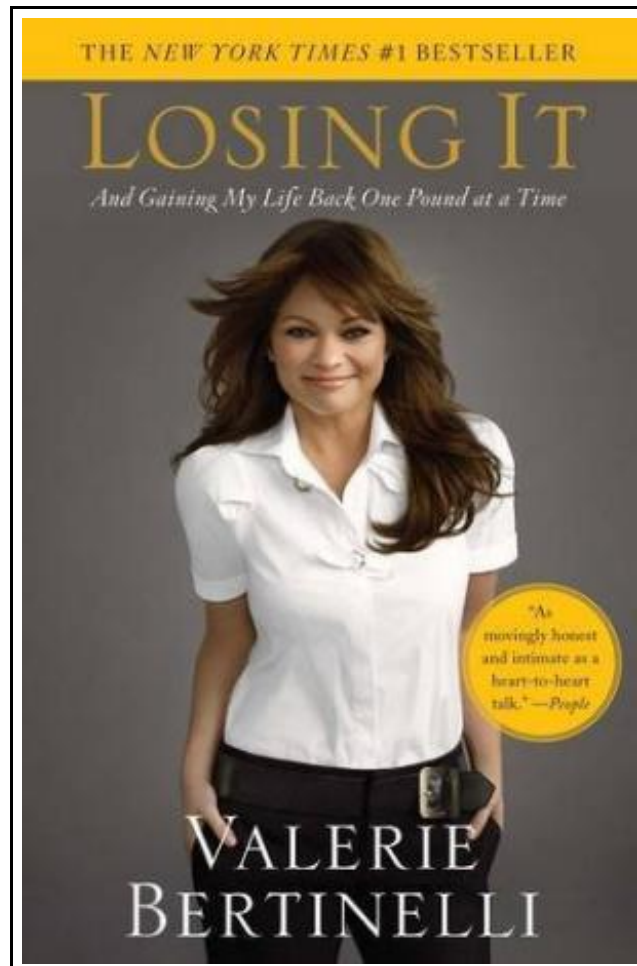


## Losing it: and Gaining My Life Back One Pound at a Time



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Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Losing it: and Gaining My Life Back One Pound at a Time, Valerie Bertinelli, The New York Times #1 bestseller (3 weeks running) is now available in paperback. Losing It is popular actress, Jenny Craig spokeswoman, and America's sweetheart Valerie Bertinelli's headline-making account of her complicated past and how she took control of her own life to gain self-esteem and happiness. Valerie Bertinelli, then: bubbly sitcom star and America's Sweetheart turned tabloid headline and rock star wife. Now: actress, single working mother of teenage rock star, and weight-loss inspiration to millions. We all knew and loved Valerie Bertinelli years ago when she was girl-next-door cutie Barbara Cooper in the hit TV show One Day at a Time, and more recently when she starred in numerous TV movies and co-starred in Touched by an Angel. From wholesome prime time in America's living rooms, Valerie moved to late nights with the hardest-partying band of the decadent eighties when she became, at twenty, wife to rock guitarist Eddie Van Halen. Losing It is Valerie's frank account of her life backstage and in the spotlight: the ups and downs of teen stardom, her complicated marriage to a brilliant, tormented musical genius, the joys of motherhood, and her very public struggle with her weight. Surprising, uplifting, and empowering, Losing It chronicles Valerie's journey as she finds new love, raises a terrific kid, and motivates other women to take back their lives.



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