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Jenni Pulos, Laura Morton

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Jenni Pulos, Laura Morton : Grin and Bear It: How to Be Happy No Matter What Reality Throws Your Way before purchasing it in order to gage whether or not it would be worth my time, and all praised Grin and Bear It: How to Be Happy No Matter What Reality Throws Your Way:

0 of 0 people found the following review helpful. Not bad.By Allison WelshThis book wasn't bad overall. I had only one question about it though. As an avid watcher of Flipping Out, I remember when Jeff Lewis confronted Jenni about

her honeymoon, the episode was called Cabotgate, anyway, Jeff clearly stated that Jenni asked Tommy Shaw to play at her wedding and he went on to say that that isn't something that he would do being the lead member of Styx. So, I was confused when Jenni said that Jeff arranged for Tommy to play at the wedding and how touched she was by that gesture. If that was in fact the case, then why would the TV show say something completely opposite? Other than that, wasn't bad. 0 of 0 people found the following review helpful. Five Stars By Nancy M. Daves Great book 2 of 2 people found the following review helpful. Loved it! By Roger that I bought this book thinking it would be a good read as I'm a fan of both Flipping Out and Interior Therapy. I actually couldn't put it down! The stories told were entertaining and the book gave inspiration to those who feel down and out. I highly recommend.

Jenni Pulos, from Bravo's Flipping Out and Interior Therapy, pens a charming memoir-advice book on how to survive (and thrive) in any situation Jenni Pulos has specialized in a lifetime of disappointments. She's been publicly humiliated, dumped by her spouse on national television, told she'd never make it in Hollywood, encouraged by her family with inspiring questions like, "when are you getting a real job?" and has not only survived but thrived as a result. Despite her struggles and setbacks, Jenni has gone from a "wannabe" aspiring actress and comedian to becoming one of Bravo's most beloved personalities. With hilarious reality meets insanity anecdotes from her life and career, Jenni writes candidly on how to go from victim to victor . . . most of the time. Her book is more of an advice how-not-to story that includes: Jenni's top ten tested and proven ways to fail forward How she turned her negative self-talk into positive self-beliefs How Jenni handles people who didn't want her to succeed How she stopped fretting over things she didn't have control over How she found her self-worth and finally found the love she never thought she'd have Grin and Bear It is the spark we all need to ignite our passion, to get out there and be positive, find the funny in life, to be present, and learn how to be happy no matter what reality throws your way.

"Pulos, of Bravo's reality series Flipping Out, charms in this frank and self-deprecating cross between memoir and how-not-to guide.... She isn't shy about revealing her personal life--like the breakup of her first marriage on national TV or a humiliating encounter with a negative former teacher while working at a grocery store--which only serves to make her more appealing and relatable. Pulos's central message in this encouraging volume is one that anyone would be smart to heed: when you're going through hell, keep on going, because everything works out in the end. "

?Publishers Weekly About the Author JENNI PULOS is co-star and consulting producer of Bravo's Flipping Out and co-star and co-executive producer of Bravo's new show Interior Therapy. More than a television personality, Pulos is an actress, comedian, writer, producer, lyricist, and rapper. LAURA MORTON is the author of more than thirty-five books, including eighteen New York Times bestsellers including works with Justin Bieber, Al Roker, Susan Lucci, and Melissa Etheridge. KATHLEEN KING is a writer, director, and consultant for professionals working in the entertainment industry.