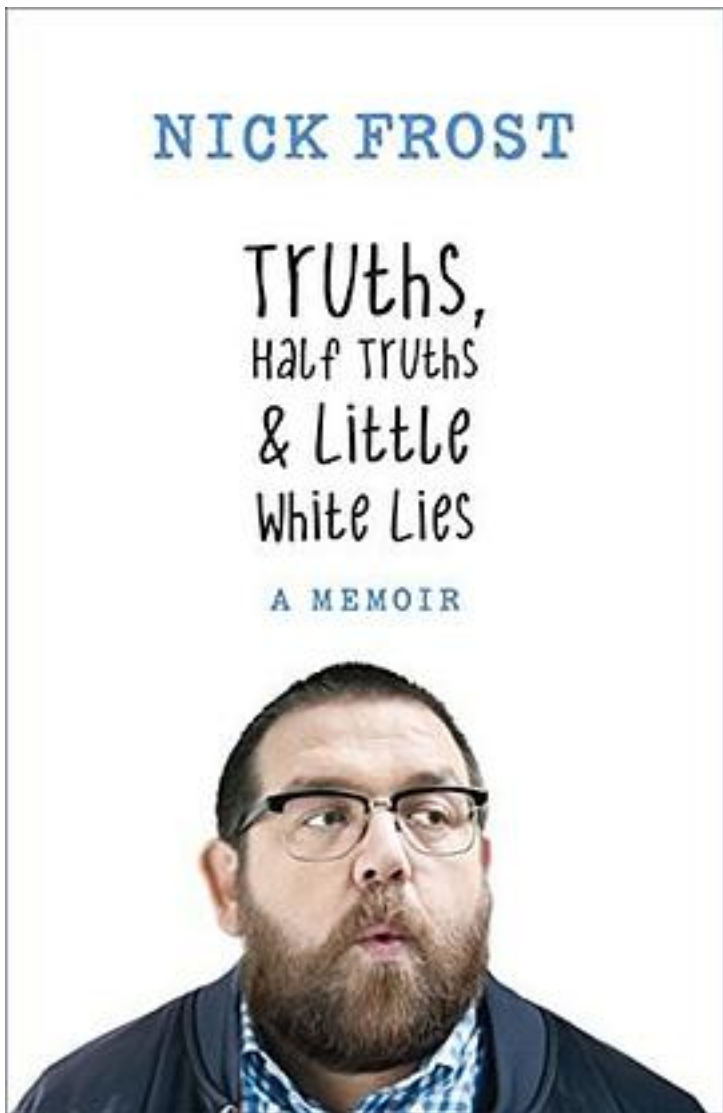


Truths, Half Truths and Little White Lies



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著者:Nick Frost

出版者:Hodder & Stoughton Ltd

出版时间:2015-10-8

装帧:Hardcover

isbn:9781473620872

Frequent flashes of comic genius - The Sunday Times 'No life can really be all black, right? Even during the darkest times, what got me through that bleakness was laughter and time. With enough of both of these things I reckon you could get over just about anything.' Nick Frost burst onto our screens in a blaze of camo fatigues and weaponry as the Territorial Army obsessed loveable idiot Mike Watt in the hit cult comedy Spaced. Since then, fans around the world have watched him with a fervent devotion as he fought zombies, rescued aliens and salsa'd his way to box office smash after smash. It's quite a story. But it's not this story. This story isn't the romp from movie set to Hollywood party. This is a story of a life like no other. With blistering candour Frost recounts his childhood growing up in Essex in a household full of love and optimism but tragically blighted by alcoholism, illness and sudden life shattering misfortune. Dogged by his own personal demons, Nick tells of the hilarious, jaw dropping and at times heartbreaking experiences that have punctuated his tumultuous life. This is exhilarating, joyful and unforgettable storytelling and unlike any memoir you're likely to read.

作者介绍:

Nicholas John "Nick" Frost (born 28 March 1972) is an English actor, comedian and screenwriter. He is best known for his work in the Three Flavours Cornetto trilogy of films, consisting of Shaun of the Dead (2004), Hot Fuzz (2007), and The World's End (2013), and the television comedy Spaced (1999–2001). He also appeared in Joe Cornish's film Attack the Block (2011). He co-starred in the 2011 film Paul, which he co-wrote with frequent collaborator and friend Simon Pegg. He is also well known for his various roles in the sketch show Man Stroke Woman. He starred in Mr. Sloane as the title character, Jeremy Sloane.

目录:

[Truths, Half Truths and Little White Lies 下载链接1](#)

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