

How to be Champion



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SARAH MILLICAN'S AUTOBIOGRAPHY WILL MAKE YOU LAUGH, FEEL NORMAL AND PROBABLY SNIFF YOUR LEGGINGS.

Part autobiography, part self help, part confession, part celebration of being a common-or-garden woman, part collection of synonyms for nunny, Sarah Millican's debut book delves into her super normal life with daft stories, funny tales and proper advice on how to get past life's blips - like being good at school but not good at friends, the excitement of IBS and how to blossom post divorce.

If you've ever worn glasses at the age of six, worn an off-the-shoulder gown with no confidence, been contacted by an old school bully, lived in your childhood bedroom in your thirties, been gloriously dumped in a Frankie and Benny's, cried so much you felt great, been for a romantic walk with a dog, worn leggings two days in a row even though they smelt of wee from a distance, then this is YOUR BOOK. If you haven't done those things but wish you had, THIS IS YOUR BOOK. If you just want to laugh on a train/sofa/toilet or under your desk at work, THIS IS YOUR BOOK.

作者介绍:

Since winning the 2008 if.comedy Best Newcomer Award at the Edinburgh Fringe Festival for her debut solo show, Sarah Millican's Not Nice, Sarah has firmly established herself as a household name, having been nominated three times for The British Comedy Awards People's Choice: Queen of Comedy and winning the award in 2011.

Sarah's debut DVD, Chatterbox Live!, was the biggest selling stand-up DVD by a female comedian of all time, shifting over 150,000 units in the first five weeks of release alone. Her latest title, Sarah Millican: Outsider, was released in November 2016 and went straight to number one in the sales chart upon release. A two time BAFTA nominee for The Sarah Millican Television Programme, Sarah's other television credits include two appearances on The Royal Variety Performance and four appearances on flagship BBC stand-up show Live At The Apollo. As well as her live and TV work, Sarah is also the founder of Standard Issue magazine for women. She lives with her husband Gary, dog Commander Tuvok and cats Chief Brody and Lieutenant Ripley.

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标签

非虚构 (传记)

传记-回忆录

评论

audiobook

这是那位 " 反正别人也笑我还不如跟他们收点钱 " 的姐姐。算真诚的了，但不会写就是不会写。

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书评

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