

The Only Way Is Essex Times

Live, Laugh, Love, Always, Lydia: My Story - Lydia Bright 2017-09-21

Lydia Bright has A LOT to shout about. From her childhood in a foster family full of love, to essentially growing up on one of the UK's biggest TV reality shows, in LIVE, LAUGH, LOVE, ALWAYS LYDIA: MY STORY, Lydia leaves no stone un-turned. Sharing everything from first kisses, first times and first holidays to all the TOWIE goss and what really happened in her relationship with Arg, this is a story of adventure, fun and love from one of the nation's favourite TV stars. *LIVE, LAUGH, LOVE, ALWAYS LYDIA: THE STORY is an abridged version of LIVE, LAUGH, LOVE, ALWAYS LYDIA, first published in June 2017*

Being Reem - Joey Essex 2014-05-22
Joey's bestselling book updated with an exclusive new chapter! The nation's favourite Essex boy tells his rollercoaster story so far. Trendsetter, male grooming icon and all-round good guy, this is the world according to the one and only Joey Essex. Spreading joy wherever he goes, Joey became an instant favourite after joining the cast of The Only Way Is Essex in 2011. Renowned for his brilliant observations, distinctive style and immaculate hair, his unforgettable appearance on I'm A Celebrity... Get Me Out Of Here! has confirmed that this Brentwood boy is a national treasure in the making. But life for Joey hasn't always been so straightforward. When he was just 10-years-old, his mother, Tina, committed suicide after battling with depression, a fact that Joey didn't find out until many years later. For the first time Joey opens up about life before fame and the events which have led him to where he is today. Whether you're a salty potato or a pair of Capri Suns Joey teaches us to take everything as it comes and shares his own unique view of the world around him. Hilarious, touching and always surprising, Being Reem is the crazy story of Joey Essex's journey to becoming one of our most loveable stars.

Mouthy - Megan McKenna 2018

"A sassy, frank, funny and inspirational autobiography, MOUTHY is the unfiltered, uncensored and unbelievable story of the girl you think you know from shows like TOWIE, There's Something About Megan, Celebrity Big Brother, Ex on the Beach and Britain's Got Talent. This is the story of what really goes on when the cameras stop rolling and the paparazzi have gone home, uncovering the truth behind the headlines - straight from the famous Megan McKenna mouth."--Amazon.com.

The Only Way Is Essex - Alex Hines 2011-03

Fake boobs? Check. Gallons of fake tan? Check. Blokes and birds obsessed with their looks? Double check. Welcome to the fabulous world of The Only Way is Essex... The Only Way is Essex is a brilliantly funny, massively addictive reality TV programme based in Essex - following the lives and loves of a group of sexy young socialites, where the men and women are tanned, toned and vajazzled to perfection. This book will invite readers into the glamorous world of Essex where champagne, nail bars, nightclubs and tanning salons are a fundamental part of everybody's life. Packed with cast interviews, behind the scenes gossip and pictures and tips on living life the Essex way, The Only Way is Essex: Guide to Life is a must have for the show's legion of dedicated fans.

The Invention of Essex - Tim Burrows 2023-06-01

'A deeply sensitive and engaging portrait of a misunderstood county and its people' Financial Times, 'Books to Read in 2023' 'Celebrates the rich history and legacy of Essex' Daily Mail 'If you are interested in this remarkable microcosm of England, the book will grip you; if you aren't, it will make you realise that you jolly well should be.' Simon Heffer, Spectator Essex. A county both famous and infamous: the stuff of tabloid headlines and reality television, consumer culture and right-wing politicians. England's dark id. But beyond the sensationalist headlines lies a strange and secret place with a rich history: of smugglers and private islands, artists and radicals, myths and legends. It's where the Peasants' Revolt began and the Empire Windrush docked. And - from political movements like Brexit to cultural events like TOWIE - where Essex leads, the rest of us often follow. Deeply researched and thoroughly engaging, The Invention of Essex

shows that there is more to this fabled English county than meets the eye.

Living it Arg - James Argent 2014-03-27

Welcome to the world of James 'Arg' Argent - the cheeky chap with loveable charm and a big heart.

Secrets of an Essex Girl - Lauren Goodger 2013-02-14

Welcome to the wonderful world of Lauren Goodger! Before The Only Way is Essex Lauren was just an ordinary girl, working as a secretary and trying to build a life with her long-term boyfriend Mark Wright. Now she's constantly followed by the paparazzi; she can't wear a bikini without her weight being scrutinised and her private life is played out on the front pages of the tabloids. Lauren may be a celebrity who goes to red carpet events, dates gorgeous men, and has her own business, but she's also a down-to-earth girl who loves to laugh and treasures her friends and family. In Secrets of an Essex Girl, Lauren lifts the lid on the truth behind the headlines. She shares her beauty regime, the real facts about her relationships and her break-up with Mark, and describes how her friends and family have pulled her through the tough times. So much has been written about Lauren but now it's her turn to set the record straight. In this heartfelt account, she opens up about all the incredible ups and downs of her rollercoaster life. Told with searing honesty, this is Lauren as you've never seen her before.

Basically... - Gemma Collins 2013-04-25

An hilarious yet touching autobiography from Towie's brightest star Gemma Collins. Blonde, bubbly and ballsy, Gemma Collins stands out from the cast of hit TV series The Only Way is Essex in more ways than one. Her larger-than-life personality has had the nation crying with laughter as she has haphazardly navigated through one romantic crisis to another on screen. She tries hard when it comes to finding 'The One' -- baking love pies and sexy texting -- yet it never seems to work out. But does she care? Of course she doesn't. Gemma always has the upper hand, leaving men quaking in their boots and women looking on in admiration. Fiercely independent and comfortable in her own skin, Gemma has an army of female and male fans alike. But, finding her confidence has been a long and heartbreaking journey for Gemma. And now in her very own autobiography she opens up about the life events she has endured before finding fame and learning to love herself. From being dumped after miscarrying a child to an ongoing battle with her weight and depression, life in Essex hasn't always been real. Indiscretion isn't her middle name, however, so expect to find out the secrets on all of her famous conquests, including Arg, Mick and Rickey, and what she really thinks of her perma-tanned co-stars. This is the touching yet riotously funny story of how a young Essex girl with a big heart finally found what she'd always been looking for. Herself.

Queen of the Rising Sun - Nanny Pat 2013-02-07

A charming, evocative memoir of her years as an East End landlady, by Nanny Pat from The Only Way is Essex Life for East End families like Pat's was always a struggle. She worked for years in Tate & Lyle's sugar factory while her husband Charlie took on two jobs so their growing family could survive. Until one day Charlie came home with a brilliant idea - they should take over The Rising Sun pub in Bromley-by-Bow. In this charming memoir Pat describes her years as a pub landlady and vividly evokes the East End community she served in the 1960s, the extraordinary characters she encountered and the changes that swept through society at that time. She also reveals why she and Charlie moved to Essex, and what it felt like to become a star of The Only Way is Essex in her seventies.

My Baby & Me - Sam Faiers 2016-12-29

For Sam Faiers life as part of the TOWIE cast, living it up Essex style, partying the night away is a distant memory but she wouldn't change it for the world. Since becoming a mum to Paul Jnr her life has taken a magical turn although at times it can be just as tiring and worrying too... Now Sam invites her fans, fellow mums or mums-to-be on an unforgettable journey through motherhood. Charting the highs and lows, she opens up about what being a mum is really like - from those treasured first cuddles and baby's first smile to

dealing with leaking nappies and getting your body back in shape. Told in her no-nonsense, down-to-earth way Sam reveals that while having a baby is the best thing that has ever happened to her, caring for something so small is tough and the pressures put upon modern day mums can be even tougher. As funny as they are emotional, Sam's experiences in this intimate read will offer comfort and advice to others, including her own healthy diet and fitness tips, while also opening up fans to a whole new side of Sam Faiers that even she didn't know before.

The Only Way Was Essex - Spike Mays 2013-02-14

In a remote corner of rural Essex, when ploughs were drawn by heavy horses and children walked shoeless to school, young Spike Mays lived with his family in a two-up, two-down cottage, where there was no electricity, no bathroom, no running water and just a shared privy in the back yard. Beset by poverty, this was an England in the shadow of the Great War. In this bittersweet memoir Mays recreates the village, its travelling parson, local poacher and even the local drunkard. And in the bustling backstairs world of the squire's house where Spike served his apprenticeship we see a more privileged side to life. This warm and nostalgic portrait of a very different Essex opens a door to a distant past.

Essex Boy - Kirk Norcross 2013-04-25

One of the original cast members of the award-winning reality series *The Only Way is Essex*, Kirk is often portrayed as the good-looking rich kid, splashing out thousands on bottles of champagne and dating glamorous women like Amy Childs and Lauren Pope. But there's a lot more to Kirk, and the reality is that the first eighteen years of his life tell a very different story - one he is only now ready to reveal. A childhood marred by poverty, as Kirk moved between a hostel and a council house on a tough estate, left him suffering from panic attacks and crippling self-doubt. Reconciling with his dad, by now a millionaire, thrust him into a very different world - one with its own set of challenges. Opening up for the first time about the two sides of his Essex life, Kirk also tells us about his rise to fame on *TOWIE*, his much-followed romances, and who his real friends are.

Chloe Sims - The Only Way is Up - My Story - Chloe Sims 2013-07

Two years ago, Chloe Sims was a single mum struggling to make ends meet. Then after joining the cast of 'TOWIE', she won the hearts of the nation with her frank confessions. Here, Chloe sets the record straight about plastic surgery, working for *Playboy*, and her rollercoaster ride to stardom.

The Misadventures of Polly Gillespie - Polly Gillespie 2021-03-30

With a great deal of humour and honesty Polly Gillespie walks the reader through some of the ups and downs of life, with advice, warnings, and stories simply involving the awkwardness of being Polly. (She says that at the very least these will make you feel normal.) She has been on radio and in magazines continuously since 1991, and is a much-loved personality whose escapades and down-to-earth advice to others have fascinated and entertained listeners for many years. With empathy and self-deprecation, plus a world of experience, she hopes to make you feel better about your own misadventures and by way of her unfortunate experiments with life she might even prevent you from going through some of the same things. If nothing else, you will get some great yarns from someone who apparently has resilience and experience, but more likely bad eyesight, an open mind, and a warm heart. Chapters include: Life Lessons; Being a Woman; Our Bodies; Sex and men and sex; and Family. Hang on tight, it's going to be quite a ride!

We Need to Talk about Pornography - Vanessa Rogers 2016-09-21

Exploring topics ranging from sexting, revenge porn and the law to relationship boundaries and sexual stereotypes, this practical teaching resource facilitates discussion on the difficult issues surrounding pornography with young people aged 11-19. At a time when pornography is more accessible than ever and many young people are inadvisably turning to pornography to learn about sex and relationships, this book explores what pornography is, how sex is portrayed in the media versus the reality, how pornography can affect sexual relationships, self-esteem and body image, and provides details of where young people can seek advice and support if they are worried. It includes full lesson plans, activities, photocopiable materials and clear information on how to implement the programme, including outlines for staff CPD sessions and parent workshops. A comprehensive resource to use as part of PSHE or SRE sessions in schools or youth services, this book will be vital for PSHE teachers, senior leadership teams, pastoral care teams, school counsellors, youth workers, school nurses, and anyone who might be involved in sex education provision for

young people.

Mouthy - Unfiltered, Uncensored & Honest as Ever - Megan McKenna 2018-07-26

THE SUNDAY TIMES BESTSELLER Megan McKenna is the Essex girl who exploded onto our screens in some of the biggest reality TV shows in Britain, including *Ex on the Beach*, *Celebrity Big Brother* and, of course, *TOWIE*. Her sassy, no-holds-barred story follows her journey to the spotlight - from first ever steps on the stage, through to being flown to the EOTB villa for the first time. She speaks candidly about having her heart broken on national TV, as well as pursuing her musical dreams. Megan also shows readers her more vulnerable side, telling of the shy girl who hid from bullies, her struggles with coeliac disease, and the anxiety she still battles every day. Throughout all the meltdowns and mayhem, she has never let go of her dreams and passions - resulting in the launch of her own clothing and makeup brands, and a gluten-free fine-dining restaurant, *McK Grill*. **MOUTHY** will give readers unique access to what really goes on when the cameras stop rolling and the paparazzi have gone home. Megan uncovers the truth behind the headlines in her own words - straight from the famous Megan McKenna mouth!

Money, Power, Dominance - Steven Kuhn 2022-11-30

From the telegram to Instagram, western culture has undergone drastic changes in the way individuals communicate with one another. Steven Kuhn details how these changes have progressed and the consequences these innovations have had on our culture. Hugh Hefner and Gianni Versace have proven themselves to be influential titans in utilising mass media. They have changed the western concept of femininity by building on the print media created by Hollywood and moulding the 'super model'. Hefner would go on to pioneer reality television in a way which continues to influence twenty-first-century programming and vanity-driven social media platforms. Long after Hollywood in the 1920s and the rise of the internet from the cold war, social media was born, exacerbating the culture of sexualisation and dominance competition which had always existed offline. From *Piczo* to *Tik Tok*, Steven Kuhn shows where our electronic culture is heading in the future.

The Book of You (and Me) - Joey Essex 2015-06-08

Hello You, Do you know what you're holding in your hands? It's a book (sort of) that I've made for you (and me) to co-create and finish together. And since we're counting, YES it's the second one I've written. BOOM. Let's celebrate everything that makes us unique with this mixture of creative and interactive activities resulting in your own REEM masterpiece! Have you ever wanted to take a selfie with your postman? Well now's your chance. Or have you ever wondered what came first, the chicken or the egg? Well I'll tell you! Basically ignore everything you've ever been told about what NOT to do to books: scribble, make up new words, draw pictures of your daily outfits and go on a Joey treasure hunt. This is truly the best of collaborations - between you... And, Me x

Who's Laughing Now? The Story of Jessie J - Chloe Govan 2012-06-01

Reveals how Jessie broke away from her background - a tough area of Essex where stabbings and violent crime were rife - to become the antithesis of the typical Essex girl. Tells of her performance background, taking ballet classes from the age of four and appearing in a string of musicals, including one where she fell off the stage and did a back flip onto the conductor. Reveals how she was on national TV winning singing competitions at age 15 and how she recorded a demo the same year, before studying Musical Theatre at the BRIT School Talks of her ill-fated stint in a girl group, dealing with tears, cat fights and mammoth egos. Recalls how she finally earned a record deal only to suffer a stroke and for her label to go into liquidation the same year. Reveals her yearning for fame, including a string of support slots where she appeared as an unknown artist. She was booed - but often booed back. Her trip to America where she penned a Number One single, but was so desperately lonely and unhappy that she felt suicidal - yet she penned a song about this period that would become the title track of her album/ Interviews with record producers, school classmates, friends, dance tutors and more give the full lowdown on Jessie's road to fame.

Living Life the Essex Way - Sam Faiers 2012-05-10

Welcome to the glam and fab world of Sam Faiers - star of the hit TV programme *The Only Way is Essex*. Read on to find out what it takes to be a REAL Essex Girl. The Oxford Dictionary definition of an 'Essex Girl': A brash, materialistic young woman of a type supposedly found in Essex or surrounding areas in the south-east of England. The Sam Faiers definition of an 'Essex Girl': A stylish, hard-working, big-hearted and

family-minded young woman found in Brentwood or nearby areas (and Marbs). At the start of 2010 Sam Faiers was a normal 19-year-old girl from Brentwood: she was working in a local bank, plotting a glamour modelling career and planning what outfit to wear to Sugar Hut. Then the first episode of TOWIE aired, and

suddenly Sam was catapulted into a world of champagne cocktails, TV studios, nightclubs and paparazzi. In *Living Life the Essex Way*, Sam lifts the lid on her childhood, her rise to fame and her beauty regime, as well as her dating rules, dealing with instant fame, the men in her life and what really goes on behind the scenes on the hit ITV2 show.

The Only Way Is Essex Times:

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