

# Fb2 Finding It: And Finally Satisfying My Hunger for Life by Valerie Bertinelli

Finding It: And Finally Satisfying My Hunger for Life

By: Valerie Bertinelli

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In 2008, Valerie Bertinellis #1 bestseller, *Losing It*, connected with fans of multiple generations and spent a remarkable 8 weeks on the New York Times Bestseller list. Now in paperback *Finding It* shares Valerie's conflicted, humorous, and highly personal tale of her continuing search for answers to life's big questions. Welcome back to chez Bertinelli, where life is as crazy and comical as ever. In revealing talks with her longtime boyfriend, Tom, Valerie gets even more personal about her inner worries her maternal anxieties about her son, Wolfie (hes fallen in love and, as she writes, getting your sex talk from Eddie Van Halen wasnt recommended in any of the parenting books I read); the challenges of dealing with a blended family; her mothers own new diet adventure; and a craving for a deeper relationship with a Higher Power (I have experienced days of inner peace and connectedness with a larger spirittwice, she writes. Why not more often?). And as if these everyday challenges werent enough, Valerie is working to maintain her own very public weight loss and approaching her fiftieth birthday. This is the story of what happens after you change your life. And its not all peaches and cream, or even low-fat yogurt. This inspiring memoir, from the beloved actress and author of the bestseller *Losing It*, is an optimistic story for trying times. Warm and friendly, honest and self-aware with the same winning wit and candor that touched a generation of fans in *Losing It* *Finding It* is about working on all the reasons we gain weight in the first place so that it doesnt happen again. Its about becoming better, not just thinner. And its about believing in love and happiness, having faith that both are possible, and finding out that God does want you to enjoy lifes dessertseven when youre on a diet.

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# Étape 1 -

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