

Being Kendra: Cribs, Cocktails, and Getting My Sexy Back

By Kendra Wilkinson

Download now

Read Online 

Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson

In the intimate follow up to her *New York Times* bestselling memoir *Sliding Into Home*, Kendra Wilkinson reveals the naked truth about her life after *Playboy*—the secrets behind regaining her trademark sexy body, the trials of her life as a new mother, the tricks of sustaining her long-distance romance with Hank, and her busy adventures juggling the needs of her husband and baby with the demands of her hit TV career. As fans of *Dancing with the Stars* and *Girls Next Door* know, Kendra is able to tell it like it is, baring everything she's learned about love, hardship, body image, and perseverance, all with the infectious optimism that the world loves her for.

 [Download Being Kendra: Cribs, Cocktails, and Getting My Sex ...pdf](#)

 [Read Online Being Kendra: Cribs, Cocktails, and Getting My S ...pdf](#)

Being Kendra: Cribbs, Cocktails, and Getting My Sexy Back

By Kendra Wilkinson

Being Kendra: Cribbs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson

In the intimate follow up to her *New York Times* bestselling memoir *Sliding Into Home*, Kendra Wilkinson reveals the naked truth about her life after *Playboy*—the secrets behind regaining her trademark sexy body, the trials of her life as a new mother, the tricks of sustaining her long-distance romance with Hank, and her busy adventures juggling the needs of her husband and baby with the demands of her hit TV career. As fans of *Dancing with the Stars* and *Girls Next Door* know, Kendra is able to tell it like it is, baring everything she's learned about love, hardship, body image, and perseverance, all with the infectious optimism that the world loves her for.

Being Kendra: Cribbs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson Bibliography

- Sales Rank: #1080286 in Books
- Brand: imusti
- Published on: 2012-05-22
- Released on: 2012-05-22
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .62" w x 6.00" l, .60 pounds
- Binding: Paperback
- 240 pages

 [Download Being Kendra: Cribbs, Cocktails, and Getting My Sex ...pdf](#)

 [Read Online Being Kendra: Cribbs, Cocktails, and Getting My S ...pdf](#)

Download and Read Free Online *Being Kendra: Cribs, Cocktails, and Getting My Sexy Back* By Kendra Wilkinson

Editorial Review

Amazon.com Review

Product Description

Kendra Wilkinson has revealed herself before—in the pages of *Playboy* and on her reality show, *Kendra*. Now she reveals her private side, sharing the ups and downs, the joys and challenges of motherhood, marriage, and life in the spotlight.

In this intimate follow-up to her *New York Times* best-seller, *Sliding into Home*, Kendra confides her most candid thoughts and feelings on her experiences as a new mom, and she divulges her secrets on how to do it all and make it look easy, sexy, and fun—even when it's not.

Now with a husband and baby in her life, a booming brand to manage, and her own needs to think about too, Kendra is learning the art of balance, sometimes the hard way. Not wanting to pawn her child off to nannies like so many other stars, Kendra relishes the role of supermom—kissing boo-boos, making lunches, scheduling playdates—all while juggling appearances, workout videos, and even training for the ultra-competitive hit show *Dancing with the Stars*.

While *Being Kendra* is full of humor and true stories that women can relate to, it's also a heartrending look at Kendra's very personal journey through some dark places, including a private struggle with postpartum depression and a very public tussle with post-baby weight loss. Kendra, who has always been known for her athletic (and enhanced) figure, opens up about her efforts to get her bikini body back and the difficulty of not looking sexy, which she believed was her most valuable quality. Her fight to lose weight at any cost, chronicled on the covers of countless magazines, has become yet another triumph for Kendra as she continues to succeed in the face of adversity.

From dental assistant, to *Playboy* girlfriend and face of a franchise, to wife and new mother, Kendra has embraced what life has thrown at her with determination, fortitude, and a ready laugh. This daring and honest memoir captures Kendra and her family in their best and worst moments as she lives, loves, rebounds, and, ultimately, finds her place in her new world.

A Look Inside *Being Kendra*

Click on the images below to open larger versions.



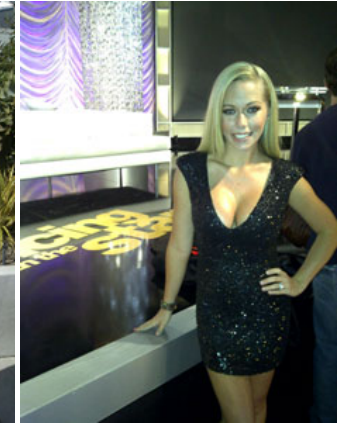
It's all about multitasking.



Fun in the sun with baby Hank at a park in San Diego. His first time at a park and paparazzi, of course, were there!



On the set of DWTS. Hmmmm... wonder why I'm smiling?



Hank Jr. loved this dress, which I wore to the cast reveal of *Dancing with the Stars*. I think he just liked the sparkles.

From the Back Cover

Kendra Wilkinson has revealed herself before—in the pages of *Playboy* and on her reality show, *Kendra*. Now she reveals her private side, sharing the ups and downs, and the joys and challenges, of motherhood, marriage, and life in the spotlight.

Kendra confides her most candid thoughts and feelings on her experiences as a new mom, divulging her secrets on how to do it all and make it look easy, sexy, and fun—even when it's not.

While *Being Kendra* is full of humor and true stories that women can relate to, it's also a heartrending look at Kendra's very personal journey through some dark places, including a private struggle with postpartum depression and a very public tussle with post-baby weight loss. This daring and honest memoir captures Kendra and her family in their best and worst moments as she lives, loves, rebounds, and ultimately finds her place in a new world.

About the Author

Kendra Wilkinson is the star of the hit reality series *Kendra* and former star of the massively popular show *The Girls Next Door*. She lives in Calabasa, California, with her husband, Hank Baskett, and her son, Hank Jr.

Users Review

From reader reviews:

Robert Zamora:

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to understand everything in the world. Each reserve has different aim or even goal; it means that e-book has different type. Some people truly feel enjoy to spend their time for you to read a book. They are really reading whatever they consider because their hobby will be reading a book. Why not the person who don't like examining a book? Sometime, individual feel need book after they found difficult problem as well as exercise. Well, probably you'll have this *Being Kendra: Cribs, Cocktails, and Getting My Sexy Back*.

James Hibner:

Playing with family in a very park, coming to see the marine world or hanging out with friends is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Being Kendra: Cribs, Cocktails, and Getting My Sexy Back, you could enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout men. What? Still don't obtain it, oh come on its named reading friends.

Thelma Davis:

Would you one of the book lovers? If yes, do you ever feeling doubt when you find yourself in the book store? Make an effort to pick one book that you just dont know the inside because don't evaluate book by its include may doesn't work this is difficult job because you are frightened that the inside maybe not because fantastic as in the outside search likes. Maybe you answer is usually Being Kendra: Cribs, Cocktails, and Getting My Sexy Back why because the wonderful cover that make you consider about the content will not disappoint an individual. The inside or content is definitely fantastic as the outside or maybe cover. Your reading 6th sense will directly assist you to pick up this book.

Lowell Bohler:

You may get this Being Kendra: Cribs, Cocktails, and Getting My Sexy Back by check out the bookstore or Mall. Only viewing or reviewing it could possibly to be your solve problem if you get difficulties for your knowledge. Kinds of this reserve are various. Not only through written or printed but additionally can you enjoy this book by e-book. In the modern era like now, you just looking because of your mobile phone and searching what your problem. Right now, choose your own personal ways to get more information about your e-book. It is most important to arrange you to ultimately make your knowledge are still update. Let's try to choose correct ways for you.

Download and Read Online Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson #6BC4L8JV7R0

Read Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson for online ebook

Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson books to read online.

Online Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson ebook PDF download

Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson Doc

Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson Mobipocket

Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson EPub

6BC4L8JV7R0: Being Kendra: Cribs, Cocktails, and Getting My Sexy Back By Kendra Wilkinson