

The Only Way Is Essex

Gemma Collins

THE ONLY WAY IS ESSEX

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The Only Way is Essex Alex Hines,2011 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.

Chloe Sims - The Only Way is Up - My Story Chloe Sims,2013-07-01 Say the name Chloe Sims and most people think of the hugely entertaining, bubbly and glamorous Essex girl on the hit ITV show The Only Way Is Essex. But there is more to Chloe than viewers see on the TV, and the drama doesn't stop when the camera stops rolling. Just two years ago, Chloe was a single mum struggling to make ends meet doing a string of jobs she hated and wondering if she would ever find happiness. Then, at the beginning of 2011, after joining the cast of TOWIE, she won the hearts of the nation with her funny ways and frank confessions. Since joining the cast, her life - which has been anything but ordinary - is now a whirlwind of glitzy parties and jet-set holidays, but life hasn't always dealt Chloe a good hand. Her story is one of triumph over adversity - with plenty of laughs along the way. From her turbulent childhood where she was raised by a neighbour after her mother abandoned her, to battling with bullies and struggling with an eating disorder, to the magical moment when she met the man of her dreams. But even the path to true love hasn't run smoothly for Chloe, and she has experienced plenty of ups and downs along the way. Finally, things are on the up and the future is looking bright for the 31-year-old Essex girl. In Chloe Sims: The Only Way Is Up, Chloe finally sets the record straight; speaking frankly about the plastic surgery she's had done, what it was really like working for Playboy France and how she coped with her rollercoaster ride to stardom - with plenty of shocking revelations and secrets she's never told ... until now. This is her story, and it's not like any other you will read.

The Only Way is Essex Alex Hines,2011 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.

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 TOWIEaired, 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.

Chloe Sims - the Only Way is Up Chloe Sims,2012-11-01 Say the name Chloe Sims and most people think of the hugely entertaining, bubbly and glamorous Essex girl on the hit ITV show The Only Way Is Essex. But there is more to Chloe than viewers see on the TV, and the drama doesn't stop when the camera stops rolling. Just two years ago, Chloe was a single mother struggling to make ends meet doing a string of jobs she hated and wondering if she would ever find happiness. Since joining the cast of The Only Way Is Essex, her life - which has been anything but ordinary - is now a whirlwind of glitzy parties and jet-set holidays, but life hasn't always dealt Chloe a good hand. Her story is one of triumph over adversity - with plenty of laughs along the way. From her turbulent childhood where she was raised by a neighbor after her mother abandoned her, to battling with bullies and struggling with an eating disorder, to the magical moment when she met the man of her dreams.

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.

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.

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.

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

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.

TOWIE - The Only Way Is Eton Mitchell Agg,2016-03-25 Why don't young people vote? It's a question that has been asked by pollsters for years. The 18- to 24-year-old demographic records the lowest voter turnout at elections and it doesn't look to be showing signs of stopping. Being one of this demographic, Mitchell Agg looks into this question and tries to shed light on why his peers don't enter polling stations on election day. Through four

main reasons, Mitchell helps us answer this question as well as giving some solutions.

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

The Intimate Adventures Of A London Call Girl Belle de Jour,2010-03-25 The bestselling and infamous diary of a high-class call girl, as seen on the show starring Billie Piper. Belle de Jour is the nom de plume of a high-class call girl working in London. This is her story. From the summer of 2003 to the autumn of 2004 Belle charted her day-to-day adventures on and off the field in a frank, funny and award-winning web diary. Now, in her Intimate Adventures, Belle elaborates on those diary entries, revealing (among other things) how she became a working girl, what it feels like to do it for money, and where to buy the best knickers for the job. From debating the literary merits of Martin Amis with naked clients to smuggling whips into luxury hotels, this is a no-holds barred account of the high-class sex-trade, and an insight into the secret life of an extraordinary woman.

The GC Gemma Collins,2018-06-28 For fans of TOWIE, Celebrity Big Brother and Celebs Go Dating, learn how you too can become a diva by the one and only Gemma Collins - one of the greatest gifts reality TV has ever given us. So girls, you alright darlings? By buying this book you will have taken the first steps into a world where everything is fabulous. Men will fall at your feet, riches will be bestowed on you, you will have the biggest, bounciest hair ever and you will get what you want, whatever that is. I'm a diva and I've earned my divaship through many years of hard work, hairdryers and broken hearts. In my book, I'll explore the main themes of the diva lifestyle: attitude, appearance, men and social media. You'll learn what it means to be a diva, how to look like one, how to act like one and how to live like one. At the end of it all, you will be a fabulous diva like me. You'll also learn some very juicy goss about me, my life, the men in my life, shock-induced urinary incontinence and some of the things I've done (including how I sustained an unsightly boob injury in front of Tom Daley while he was wearing a revealing pair of Speedos) (which could probably make a book on its own). So hold on to your extensions, because things are about to get interesting.

Basically... Gemma Collins,2013 Blonde, bubbly and ballsy, Gemma Collins has had fans of The Only Way Is Essex glued to their TVs since her arrival in series two. Her larger-than-life personality makes people cry with laughter as she haphazardly navigates through one romantic crisis after another. Gemma tries hard when it comes to finding 'Mr Right' - baking love pies and sexy texting - yet it never seems to work out. But does she care? Of course she doesn't. She always has the upper hand, leaving men quaking in their boots and women looking on in admiration. But finding her confidence has been a long and heartbreaking journey for Gemma. Inside, she opens up about the life events she endured before finding fame and feeling comfortable in her own skin. From breaking up with the love of her life and miscarrying a baby, to a drastic weight gain and depression; life for a real Essex girl is far from just an endless cycle of spray tans and vajazzles. Basically... is the touching yet riotously funny story of how a young girl with a big heart finally found what she'd been looking for. Herself.

Essex Boy Kirk Norcross,2013-05-01 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.

The Invention of Essex Tim Burrows,2024-02-15

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. One of the original cast members of the award-winning reality TV series, The Only Way is Essex, Arg is best known for his long-term relationship with Lydia Bright and his affectionate 'Bro-mance' with Mark Wright. A key figure in the show, he remains a favourite with writers and is a character loved by male and female fans alike. But life for Arg hasn't always been easy - broken hearts, an on-going battle with weight and self-esteem issues - there is a lot more to Arg than meets the eye and he lifts the lid here for the first time. From his disastrous on-going quest to find 'The One' to his secret passion for The Rat Pack and Frank Sinatra, Arg is an old-fashioned soul who found over-night fame and he tells us what really goes on behind the scenes of one of ITV's biggest hit shows.

The Joy of Essex Pete May,2012-10-15 Liberty ... Equality ... Tiptree jam!' In 1990 Essex Man swaggered onto the scene in his shiny suit, driving a flash car and with his white-stiletto-wearing missus on his arm. It was a step up from sovereign rings and done-up Ford Cortinas, but brash, vulgar and 'breathtakingly right-wing' Mr and Mrs Essex were still the target for pity, condemnation and nationwide mockery. Twenty-odd years on something strange has happened. From Russell Brand and Jamie Oliver to Phill Jupitus and Ray Winstone, via the runaway success of TV shows like The Only Way is Essex and Gavin and Stacey, Essex is now the most iconic county in the UK and the essence of Essex is everywhere. But there's more to the county than stereotypes, as Brentwood-reared Pete May discovers when he takes an eye-opening journey through the Essex tundra. Along the way, May finds bluebells in Billericay, sculpture in Harlow, Hollywood-style signs on the A127, below-sea-level life in Canvey Island and endless chip shops, and asks the vital question: is the only way Essex or is there maybe another one?

A Companion to Reality Television Laurie Ouellette,2016-12-19 International in scope and more comprehensive than existing collections, A Companion to Reality Television presents a complete guide to the study of reality, factual and nonfiction television entertainment, encompassing a wide range of formats and incorporating cutting-edge work in critical, social and political theory. Original in bringing cutting-edge work in critical, social and political theory into the conversation about reality TV Consolidates the latest, broadest range of scholarship on the politics of reality television and its vexed relationship to culture, society, identity, democracy, and “ordinary people” in the media Includes primetime reality entertainment as well as precursors such as daytime talk shows in the scope of discussion Contributions from a list of international, leading scholars in this field

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