



**Losing It: And Gaining My Life Back One Pound
at a Time 1st (first) Free Press Hbk edition by
Bertinelli, Valerie published by Free Press (2008)
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Valerie Bertinelli, famous for her television roles and high-profile marriage to rock and roll legend Eddie Van Halen, tells her story of love, divorce, and her struggle with weight loss and the difficult self-esteem issues that come from becoming overweight in a "thin world."

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