



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

*Kendra Wilkinson*

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## **Being Kendra: Cribbs, Cocktails, and Getting My Sexy Back** 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.

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