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# UnSweetined



## Synopsis

In this "explosive" (UsMagazine.com) and "brutally honest" (E! Online) memoir, Jodie Sweetin, once Danny Tanner's bubbly daughter on America's favorite family sitcom, takes readers behind the scenes of Full House and into her terrifying and uplifting real-life story of addiction and recovery. How rude! Jodie Sweetin melted our hearts and made us laugh for eight years as cherub-faced, goody-two-shoes middle child Stephanie Tanner. Her ups and downs seemed not so different from our own, but more than a decade after the popular television show ended, the star publicly revealed her shocking recovery from methamphetamine addiction. Even then, she kept a painful secret "one that could not be solved in thirty minutes with a hug, a stern talking-to, or a bowl of ice cream around the family table. The harrowing battle she swore she had won was really just beginning. In this deeply personal, utterly raw, and ultimately inspiring memoir, Jodie comes clean about the double life she led "the crippling identity crisis, the hidden anguish of juggling a regular childhood with her Hollywood life, and the vicious cycle of abuse and recovery that led to a relapse even as she wrote this book. Finally, becoming a mother gave her the determination and the courage to get sober. With resilience, charm, and humor, she writes candidly about taking each day at a time. Hers is not a story of success or defeat, but of facing your demons, finding yourself, and telling the whole truth "unSweetined.

## Book Information

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## Customer Reviews

Jodie Sweetin's memoir "UnSweetined" chronicles her life as Stephanie Tanner on the late eighties early nineties hit show Full House, her troublesome adolescence, and her adult foray into a destructive lifestyle involving frequent partying, drinks, and drugs. Unlike popular perception, as Sweetin shares, her long run on a hit TV show didn't guarantee her an acting future--if anything, being associated with Stephanie only hampered her efforts, as showbiz refused to recognize her as anything but her TV persona. One of the tales Sweetin shares is going to audition for a new role and being asked to reprise her Stephanie Tanner catchphrase from the show, "how rude!" Jodie complies, but still doesn't get the role she auditioned for. Disappointed, she tries to live a regular teenage life and attend high school--only to feel she doesn't fit in. Ultimately, Sweetin craves the stability she had on Full House but fails to achieve it in her real life. While attending her former castmate Candace Cameron's wedding, a year after the show has gone off the air, Sweetin gets drunk and savors the temporary confidence alcohol gives her. Even though Jodie was only fourteen years old at the time, this surprise affection for alcohol eventually leads her down the wrong path--involving heavy drug use, constant partying, and frequent running away from her past. Sweetin barely makes it through college, graduating with a degree in elementary education, before her life spins out of control. Even getting married at twenty to a police officer and attempting the life of a homemaker doesn't help. Sweetin hides her drug use from Shaun, and eventually winds up in rehab. Her second husband Cody and the birth of their daughter Zoie only complicate matters.

Don't buy this book for juicy "Full House" tidbits; it's a small portion of this book. The only interesting parts involving the show's cast: Jodie getting drunk with one of the Olsens at John Stamos' rented pad; the "full circle" moment filming her very last scene of the show; and Mary-Kate Olsen ignoring her at a restaurant opening in L.A., which Jodie attributes to their similarities (rehab). It's a very fast and easy read that's perfect for a plane ride or a day at the beach. The writing is repetitive and full of trite statements ("I had hit rock bottom"; "you could cut the tension with a knife"), and one can't help but think that the speedy publication of this book is due to her current financial troubles (custody battles cost money). There are excellent memoirs out there that detail addiction with great self-awareness, allowing readers to understand what drug issues really entail beyond the

stereotype, beyond the Lifetime Movie set. Unfortunately, Jodie's memoir is pedestrian and like many that end up in the sales bin. It's your average, fill-in-the-blanks fare that offers nothing new. Her story is frustrating, inducing many eye-rolls. She tells of her turbulent relationships with druggie friends, boyfriends, her two ex-husbands, and her parents. The book goes like this: she parties in L.A., Las Vegas, New York, and North Carolina, drinking lots of alcohol and doing weed, cocaine, Ecstasy, and meth. She blows her "Full House" residuals and speaking engagement paychecks by paying for drugs, hotels, and table service at clubs, amassing leeching friends along the way. She hits rock bottom. She realizes she has to change her life. She enters programs.

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