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Truths, Half Truths and Little White Lies (Paperback)

By Nick Frost

Hodder Stoughton General Division, United Kingdom, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. No life can really be all black, right? Even during the darkest times, what got me through that bleakness was laughter and time. With enough of both of these things I reckon you could get over just about anything. Nick Frost burst onto our screens in a blaze of camo fatigues and weaponry as the Territorial Army obsessed loveable idiot Mike Watt in the hit cult comedy Spaced. Since then, fans around the world have watched him with a fervent devotion as he fought zombies, rescued aliens and salsa d his way to box office smash after smash. It s quite a story. But it s not this story. This story isn t the romp from movie set to Hollywood party. This is a story of a life like no other. With blistering candour Frost recounts his childhood growing up in Essex in a household full of love and optimism but tragically blighted by alcoholism, illness and sudden life shattering misfortune. Dogged by his own personal demons, Nick tells of the hilarious, jaw dropping and at times heartbreaking experiences that have punctuated his tumultuous life....

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