



You Only Get One Life

Brigitte Nielsen

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Hollywood film actress, Danish supermodel, ex-wife of Stallone, ex-lover of Schwarzenegger, abuse survivor—Brigitte Nielsen offers a deeply personal account of her remarkable life

For almost 30 years Brigitte Nielsen has been part of the jet-set—romantically involved with international film stars, beautiful, and rich—but life has not always been full of Hollywood glitz. In this compelling and honest biography, Brigitte describes how she survived incredible lows, including a suicide attempt and alcoholism. From a normal upbringing in an ordinary middle class family in the Copenhagen suburbs, she grew into a tall and skinny teenager, her looks soon transforming her life at the age of 16 into that of a glamorous international supermodel. She had four marriages and four amazing children. But her life eventually became unbearable because of a violent husband, and years of misuse of alcohol. In recent years Brigitte has returned to the spotlight appearing in dozens of films, recorded two music albums, and starred in several reality television shows. This is an honest account of the dark side of the life in the public eye, the pressures of being a mother, how she lost herself, and how she then found the courage to face life and regain what she had lost.

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