

Only Say Good Things

Crystal Hefner

Only Say Good Things Crystal Hefner, 2024-01-23 The widow of Playboy founder Hugh Hefner offers a raw and unflinching look at the objectification and misogyny of the Playboy mansion, her stolen young adulthood, and her journey to finding internal validation, while providing a rare look into the final days of one of the most influential men of the 20th century. At just twenty-one years old, Crystal Harris' life changed forever when she attended a party at the notorious Playboy mansion. Hugh Hefner picked her out from the crowd, and she soon became one of his infamous girlfriends, traveling the world and attending glamorous Hollywood parties. Yet the lifestyle that once seemed so alluring had a dark side. Hef governed the lives of his girlfriends with strict rules on everything from their looks to curfew, and Crystal was forced to compete with other women for her spot in the highly hierarchical system. She quickly rose to the top but being Hef's number one girlfriend came at the cost of Crystal's identity outside her role at Playboy. The many talk show hosts and comedians who reveled in ridiculing her and the other young women further chipped away at her self-worth. Her fate seemed sealed when Hef surprised her with a proposal, one she could not imagine refusing. But as Crystal Hefner, she grew increasingly restless to understand who she truly was away from Playboy's toxic culture. In *ONLY SAY GOOD THINGS*, Crystal offers a vulnerable and clear-eyed look at how her experience with Hefner catalyzed a transformative journey from valuing external validation over all else to finally recognizing her worth. This candid and ultimately empowering memoir provides not only a fascinating look behind the scenes at a powerful cultural icon and brand, but also offers an equally powerful and counterintuitive voice and hard-won lessons about who and what determines our value as women.

Only Say Good Things Crystal Hefner, 2024-01-23 From a former Playboy Playmate, an unflinching look at the objectification and misogyny of the Playboy mansion, a woman's stolen young adulthood, and her journey to self-acceptance—plus a rare look inside Hugh Hefner's final days. Crystal Harris' life changed forever when she was just twenty-one and attended a party at the notorious Playboy mansion. Picked out of the crowd by Hugh Hefner, Crystal Harris became one of his infamous "girlfriends," attending glamorous Hollywood parties and traveling the world. But being Hef's number one girlfriend came at the cost of Crystal's identity outside her role in the Playboy universe, and she grew increasingly restless to understand who she truly was away from what she saw as Playboy's toxic culture. Hef controlled his girlfriends with strict rules regarding everything from their hair and makeup to their curfews, forcing them to compete with one another

as part of a highly hierarchal system. Only Say Good Things provides a fascinating look behind the scenes at a powerful cultural icon and brand, and an empowering perspective on hard-won lessons about who we allow to determine our value. AN INSTANT NEW YORK TIMES BESTSELLER A JANUARY 2024 APPLE BOOKS STAFF PICK AND AUDIBLE EDITORS SELECT NAMED A BEST BOOK TO READ THIS JANUARY BY THE GLOSS

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The Preacher and Homiletic Monthly ,1878

Sessional Papers Great Britain. Parliament. House of Commons,1906

The Parliamentary Debates (official Report). Great Britain. Parliament. House of Lords,1921 Contains the 4th session of the 28th Parliament through the session of the Parliament.

Mary Anerley Richard Doddridge Blackmore,1893

The Century Illustrated Monthly Magazine ,1884

The Parliamentary Debates (official Report). Great Britain. Parliament. House of Commons,1920

British Bee Journal & Bee-keepers Adviser ,1923

The Eclectic Magazine of Foreign Literature, Science, and Art ,1889

The Spectator ,1917

The Bookman ,1905

Scribner's Magazine Edward Livermore Burlingame,Robert Bridges,Alfred Sheppard Dashiell,Harlan Logan,1921

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