



# Strong Is the New Sexy: My Kickass Story on Getting My “Formula for Fierce”

*Nicole Polizzi*

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A number of years ago, most people thought Nicole “Snooki” Polizzi was destined for either rehab or prison. When she rose to stardom on the MTV breakout series, *Jersey Shore*, she was twenty pounds overweight from her steady diet of nachos and alcohol. Today, not only is she a mother of two, but she’s as fit and trim as she’s ever been. She’s married to the love of her life and father to her children, but most importantly, she’s strong both in her body and sheer determination. In short, she’s got her life together and now shares with her fans how she’s transformed both her body and mindset—and shows how they can do it too! In *Strong Is the New Sexy*, Snooki gives her “formula for fierce” and inspires readers to tap their own deep wells of girl power.

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