



Storm in a C Cup: My Autobiography

Caroline Flack

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In December 2014 Caroline Flack danced her way into the nation's hearts when she raised the BBC's coveted Strictly Come Dancing Glitterball. Known for her throaty laugh, edgy humour and quick-fire wit, showcased on some of Britain's most popular spin-off shows, 2015 saw her thrust into the mainstream, hosting ITV's flagship talent show, The X Factor, with Olly Murs.

In Storm in a C Cup, Caroline reveals the laughter and pain behind the TV persona, from a sheltered Norfolk childhood shared with her twin sister, through her madcap student days, to the challenging career ladder leading to eventual TV success, not forgetting its dark shadow, when intrusive media attention turned the dream into a nightmare. She takes us behind the cameras at some of TV's most successful reality shows, including the tensions, stresses and unlikely friendships of the three-month adventure that was Strictly. Caroline wears her heart on her sleeve, documenting her joys and heartbreaks with the humour, resilience and unflinching emotional honesty that have made her one of television's most popular celebrities working in television today.

Storm in a C Cup: My Autobiography Details

Date : Published October 22nd 2015 by Simon Schuster UK

ISBN : 9781471154416

Author : Caroline Flack

Format : ebook 336 pages

Genre : Nonfiction, Biography, Autobiography, Biography Memoir

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From Reader Review Storm in a C Cup: My Autobiography for online ebook

Ali says

An unexpected xmas present, and such a nice surprise.

Offers an insight into the other side of the celebrity life, shows that they're just real people underneath all the hype, and that they have feelings as well, which is easily forgotten about when reading the tabloids. It made me laugh out loud so many times, and I found it hard to put down, because I wanted more! I was left wanting to be one of her friends!

Jackie says

I enjoyed this!

I like Caroline Flack, as she comes across as a real, girl next door kinda girl. The book portrays this nicely and how she didn't give up on what she really wanted. It's nice to get an inside look on her journey. She's down to earth and the book was an enjoyable, easy read.

Lorna Miller says

Easy read

Read this book very quickly. Had her fair share of drama and broken love affairs. Reading about her early life and how she got into showbiz was interesting. A good read for those who don't want anything too heavy.

Clare Holman-Hobbs says

What I wanted was a gritty memoir on celeb culture, and I sort of got it... I found the beginning section of the book to be quite tiresome, as I didn't find a lot of the stuff to be relevant, meaning a lot of it felt like padding. But once Caroline started talking about how she got into presenting then I found I flew through the book easily as I found it really interesting.

GracieFM says

This is not a book I would have brought for myself generally. I'm not an autobiography person, I've tried them before and they just haven't pulled me in, but my mom got me this for christmas as she thought I would enjoy the hearing about Prince Harry and Harry Styles (she was right). Although their sections in the book

were relatively short, by the time I got to them I didn't even care. I was invested in Caroline's story, her career, her relationships, her life.

Like I said, I'm not an autobiography person, so I don't know the usual layout for them. I always pictured them as starting right from the beginning of their life and going through their life until the point in which they are writing their book. That's what put me off, I didn't want to wade through the nonsense at the beginning about their childhood to get to the interesting bits about their life. But Caroline Flacks autobiography wasn't like that.

The first chapter starts at a photoshoot with Caroline being told of a scandal concerning her that is about to break. It pulls you straight in, and although the next chapter does go back to her childhood, it isn't filled with boring childhood anecdotes. She tells the romantic story of how her parents met and fell in love, and the milestone events from her childhood involving her twin sister and her grandparents. It didn't feel like a chore to read about her life before fame, she didn't ramble on about miscellaneous details of her everyday life. She told stories that were really relatable, about her first crush and boyfriend, arguments with her brother and sisters and missing her family while at university. Yes, her university experience wasn't exactly the norm, she went to a university for dance in London and had experiences that I think were derived from that. But it was interesting to read what those schools were like, how hard it was for her, especially as I constantly see pictures from similar schools on my Facebook feed.

The autobiography was mainly focused on Caroline's disastrous love life, and normally that is something I don't like in a book unless it is a contemporary. But these weren't your usual love stories, they were funny and filled with blunders and awkward first meetings, usually due to Caroline's rambling nature and quirky sense of humour. Most importantly they were relatable! It's one of the main things I loved about this book, Caroline's life is relatable because everything she describes is what any socially awkward person would do (which I am).

There were a few grammatical and spelling errors in here which threw me off a bit, but there weren't enough to put me off reading. They were minimal and didn't take away from the enjoyability of this book. That is the main reason I gave this book 4 stars, enjoyability. I found myself smiling throughout the whole thing. This is the autobiography for people who don't do autobiographies and I would highly recommend it.

Katie says

I actually read this book first in October and have read it once more since, but never got round to leaving a review on here. Having been a huge supporter and fan of Caroline's since I was 14, I couldn't wait to get my hands on her autobiography. I thought, like most people who look up to somebody, that I knew everything about her and what she'd been through but I was so wrong. *Storm In A C Cup* is the kind of book that when you read it, it feels like you're just sitting down with the writer for a cup of tea and a catch up. It's the perfect example of a book that makes you feel things, and for that reason it's perfect for when you're having a down day or just need to smile. I cried, I laughed a LOT, I cried some more, and more than anything I learnt lessons that nobody has ever taught me before. I learnt that it's ok to feel alone, it's ok to be heartbroken, it's ok to be sad when you should be happy and most importantly that all of these things pass with time. This book isn't a typical trashy showbiz autobiography, instead it's full of funny little anecdotes that resonate with you and remind you that others feel the way you do sometimes. For that reason I'd recommend everybody to read it, but especially young women because Caroline has so many experiences and tips to share with us that really do help you to understand that everything happens for a reason, even if you don't realise it at the time.

Phil Jones says

It was interesting if you like Caroline but if I'm honest it was a very basic autobiography.

It told you who her friends were and where she lived but gave very little insight into her life and why she made choices she did.

Perhaps it is too soon for her to write it and she is still too keen not to upset anyone. There were certainly no insights or scandals but nevertheless it was a reasonable read.

Megan Jones says

This details Flack's upbringing through to her rise to fame and her current job as host of the X Factor. Along the way she recounts tales of her youth with her friends and her past romantic relationships. This is incredibly entertaining and a very funny read that is perfect for any fans of Flack's. 'Storm In A C Cup' is written honestly although is a bit bitty and the flow is not always there. Overall if you are a fan of Flack's then you are going to enjoy this book.

Laura says

I'm a fan! I just love her. Originally I hated her, she dated Harry Styles. He was 17 years old, still a kid, voice hadn't completely changed yet. She's double his age. How? What? Really? I'm around her age and think Harry is the most amazing man in the world but not when he was 17!!?!?! Anyways, I love Caroline 's spunk, I think she is adorable. Wish she was on something that was shown in the States. It was a fun read, I enjoyed hearing what Simon Cowell is like off camera, and what went on behind the scenes of different shows...

Lucy says

Actual Rating: 4.25 stars

I got this for Christmas in 2015 and I'm so annoyed at myself for only just reading this. I'm a huge Strictly fan, which is part of the reason I wanted to read this as I was so happy when Caroline won in 2014. I've also been a fan of Caroline for a long time now, ever since watching TMI when I was 9 years old. I really enjoyed reading her autobiography, particularly when it got to her presenting career. It was really interesting to read about how she got onto The Xtra Factor and I'm A Celeb and her relationships with other presenters. I'm not usually one for re-reading non fiction books but I definitely think I'd pick this up again!

Abbie says

RE-READ COUNT: 2

I absolutely loved this! I thought that it was very interesting to be able to read about how she got to where she is now. I am a massive fan of Flack's and thoroughly enjoyed reading her book. I found it very entertaining, it made me both laugh and cry at some sad parts. My only issue with it was that it could have flowed better, but apart from that, it was amazing!

OMG Daniel Reads Books! says

One of my favourite autobiographies ever!

I've been a fan of Caroline Flack for years now, after first discovering her hosting 'I'm A Celebrity Get Me Out Of Here Now'. I've followed her career ever since and have loved watching her host 'The Xtra Factor', 'The X Factor', 'Viral Tap' and 'Love Island' as well as being a winning competitor on 'Strictly Come Dancing'. I've also read a lot about her love life thanks to the British media, so was very well clued up about her romance with a 17 year old Harry Styles and rumoured relationship with Prince Harry... But reading her autobiography, I'm surprised by how much I didn't know!

For a start, I didn't realise that her first major presenting role was on 'TMi' with Sam & Mark - I used to watch that but I can't for the life of me remember Caroline! I also didn't realise that Caroline is trained for the stage & wanted to appear in West End shows!

This book reads really easily - it feels like Caroline is in the room reading it to you. It's natural and honest, and I'm glad! Whilst a lot of readers will undoubtedly read this for the Harry Styles/Prince Harry gossip, Caroline doesn't really mention them much - there's way more to her life than her previous relationships! This wasn't really a disappointment to me as I feel that I already know the ins and outs of their relationships (pardon the pun) because of the gossip magazines, so I personally was quite glad she didn't dwell on the Harry's!

All in all, I really enjoyed this book! I do kind of wish it was released at Christmas time this year so that I could read about what happened when she and Olly Murs quit The X Factor hosting duties after just one series, especially as the press keep printing that Caroline was fired which I'm sure is not true! But still, Storm In A Cup is one of my all time favourite autobiographies and I urge fans of Caroline or just anyone who wants to get to know her to read this!

Kayleigh Louise says

I'm a huge fan of Caroline Flack, so it was inevitable I received her book for Christmas.

I must admit, it took me a while to get into the book, Its not your stereotypical autobiography where you begin from the persons childhood and gradually learn about there life. Instead you find out one story and jump onto something else that happened years later, this was a little confusing for me (doesn't take much to be fair) although I don't think this is a negative, just something different.

In fact I spotted another review of someone saying its like having a catch up with an old friend at the pub, and I have to agree! I learnt a lot about Caroline, She comes across as such a strong, funny, caring person

and I'd count myself very lucky if she was my friend! I really felt for all the heartbreak she's suffered - at the end of the book I just wanted to give her a massive hug!!

Paula Croskell says

An interesting read.

Jen Cook says

Not a bad read but didn't live up to my expectations. As a huge Strictly fan and a big fan of Caroline I was hoping for a backstage look at celeb culture and a bit of decent goss. Caroline is just too damn nice, to her credit but doesn't make for a riveting read
