



A Star Shattered: The Rise & Fall & Rise of Wrestling Diva

Tammy "Sunny" Sytch

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World famous wrestling diva Tammy Lynn "Sunny" Sytch has written a tell-all autobiography that follows her into the ring and on the road, through her romantic relationships, domestic abuse, her battle with cancer, incarceration, getting sober and the release of her adult film with Vivid Entertainment.

A Star Shattered: The Rise & Fall & Rise of Wrestling Diva Details

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From Reader Review A Star Shattered: The Rise & Fall & Rise of Wrestling Diva for online ebook

Robert W. Meyerholtz says

Shattered and Fall is right. But you have to admire her candor.

I really thought I would totally dislike this book. I've considered Tammy Lynn to be the Lindsey Lohan, Tom Arnold, or any Kardashian of wrestling, never being a big fan of her or her antics. I have to admit my opinion changed somewhat. I wasn't thrilled with the first couple chapters as she described herself as the best thing to happen to pro wrestling. The wholesome, naive girl she portrayed herself I pretty much ignored as I've only come to know her as the sort of wrestler, manager and troubled person seeking the spotlight. I did eventually relax my opinion not really knowing of her pre wrestling life, family and medical ambitions. I was well aware of her and Chris Candido. Then the book became more of a therapeutic outlet. The good times, but horrible ways promoters and some wrestlers treated her. I remember well the tragedy of Chris Candido's untimely and needless death. I knew Tammy had several alcohol related arrests but WOW, no idea her drinking was that out of hand. Then her luck in love contributed to heartbreak, tragedy, further alcohol abuse which still unfortunately plagues her to the present as recent as February, 2017. I really appreciate her candor as she writes as if she's telling her story directly to you. It's easy to blame her for her bad decisions and craving fame as I did coming into this book based on my own opinion of her. Yes she should and could've been more responsible and she does admit that But as she pointed out with so much trust and manipulation you have to walk in her shoes to fully understand. The reason I gave it four stars was for foul language and some confusion in the timeline. I truly hope Tammy Lynn does find piece, her dreams and most of all the true love she is so desperate to find.

Craig Allen says

2.5 stars. I'll say this was an alright read, but for some reason I was expecting more. Parts were interesting, but a lot of it was like a summary (very short in parts) of stuff that was obvious from following Sunny's career in WWE and afterwards. I was looking forward to this book and I think it mostly lived up to my expectations, but don't go into it thinking it will hold up to other great wrestling books (Foley, Jericho, etc) as it's nowhere near as deeply written and inside and also had a good bit of typos. The way the book was voiced it was very much like reading a diary (with hyper exclamation points everywhere) than a serious book. Still, it held my interest and I was never bored during it.

Frank Gurrieri says

Not bad.

A good read. Crazy stories that you can either choose to believe or not. She has lived a crazy life and has lived to tell her story.

David says

I wanted to like this book, as I was a Sunny fan back in the day, but this book didn't live up to my expectations.

Man is this chick messed up. She wouldn't do Playboy cause her dad was looking down on her from heaven, but years latter she does a porno.

Rumors were going around that her and Brett were having an..... But she has too much respect for the Hart family to do that, but not enough respect for her at the time boyfriend to Not have sleep around with.....

Towards the end of her book, her then boyfriend cheats on her and repeatedly calls the cops on her, and she cries " why is this happening to me?" Maybe cause of what you did to CC.

This isn't a terrible book, and is interesting for the most part. I'd recommend trying to get a copy from your local library or borrow it from a friend. Don't spend your money on this book.

Angela Holden Hunt says

Sunny was one of the first diva's I remember from when I started watching WWF wrestling.

She came across as a sweet girl who was making a name for herself in this male dominated sport.

This book was one that I thoroughly enjoyed.

She only glosses over her younger days, concentrating on starting with her boyfriend/husband, the late Chris Candido, and their fight to make it big, the WWF being the main one.

She covers all bases and I admit that I found it interesting.

Today the diva's have their own TV programme and there are so many diva's its hard to miss them.

With her book, Tammy tells how difficult it was to start with but then she was blinded by the money, and her academic career was put on hold.

We go through the good and bad times, and what happened after she left wrestling, what happened after she lost her husband, eventually ending up an addict and in prison..

This is showing the good side AND the bad side, which too many other biographies and autobiographies either gloss over or leave out completely.

It took me just over a day to read.

It was one of the can't put it down books that I love.

It was easy to read, interesting and overall a book I could read again.

Jeremy Ginn says

A little bit good and a little bit all over the place.

There were parts of this story that I really enjoyed. The best parts of the book were the parts that focused on her career as a diva. There was scripture and sex; alcohol and hope! The story while disturbing at times paints a picture of a celebrity looking for love in a lot of wrong places.

It was also touching to hear her talk about her family and especially her father.

This book is a metaphor in some ways. It was difficult to read at times because we realize we all have elements of brokenness and are all in need of grace.

I hope Sytch finds the hope she's looking for!

Kolja Dimmek says

Well, what you get is a biased view of the author on her life so far. As a reader you get a nice view on her work as a manager, but it's nothing new compared to a couple of interviews that she gave the last two years. What is "exclusive" to this book is her hatred regarding Sable and Kimberly Page and her (hidden) relationship with Shawn Michaels. But as with all the other stories she somehow never did anything wrong... well, besides her inability to self-reflect other than her last relationship which brought her into jail the book is ok. It gives a different view on an important time in wrestling. In that regards it's like a bonus documentary on a DVD.

Lance Lumley says

My review will be a little biased, because I was not a fan of Tammy Sytch when she was in the wrestling world, however, since I love wrestling books and hearing tales on the road, I figured to give this a shot. I was disappointed overall.

The book has a quick run over with her wrestling for USWA, and Smoky Mountain Wrestling (Jim Cornette's league) but this section has little stories and more of her making fun of the Kentucky fans that attended Smoky Mountain, which made me think while reading "Oh she's going to focus more on WWE." When the book gets to the WWE, she mainly discusses her flings with Shawn Micheals (while she's still with Chris Candito), including her going to Mexico to get drugs for several wrestlers. She then states that she was the biggest celebrity from wrestling since Hulk Hogan, with her magazine, TV, and main stream media appearances , including being the most downloaded person at that time. (Being skeptical, I would say Jesse Ventura was as big as Hogan being a top movies and politics at the time, but that's me and it's her book). She covers her last few years of run ins with the law and jail time, along with her new business adventures. The book also talks about the wrestling people that she despises.

Overall this book is for only major Sytch fans, because if you are looking for great road stories or wrestling stories, look elsewhere (I advised anyone to get Bill Apter's book as the best wrestling book I've read in years).

This book was more to me like a TMZ type book, full of bashing people, which is her right as an author, but it is not for me. However her die hard fans may like the book more than me.

Regis says

A sad, but unfortunately all-too-common tale. Meteoric rise to fame, on top of the world with everything seemingly going perfectly, and then the overpowering lure of excess. A supposed story of redemption and

self-discovery ultimately comes across as bitter, and accusatory. Every single bad thing that happens in Tammy's life is effortlessly blamed on someone else. I hate when people refuse to accept accountability. Why did I give the book four stars? As crazy as it might sound, I believe that she thinks every word is honest. Also, she isn't afraid of providing excessive detail. While it's all too much on several occasions, props must be given to someone willing to go all out

Jezebel Jorge says

For starters the book is overpriced for the length of the story, but her publisher set the price, not her. Normally I would not pay \$9.99 for an ebook. This time I made an exception since I wanted to read her long awaited story. The small press that published the book didn't put much effort into editing and making the story cohesive. With better editing and more depth, this book would have been more than worth the price.

The story starts out good. Tammy has always had a strong voice in everything she does, and her writing is no exception. I think she was fairly honest about her early days in the business and maybe her time in the WWE, but when her life starts to skid out of control, that is when she starts being more than a little deluded and the story falls short on content and becomes more and more of a work. This when the details become a little blurry and the really nasty details fall through the cracks.

She constantly denies that she had a drug problem, but yet she admits to making regular trips to Tijuana to smuggle drugs into the country for other people. Come on. It was no secret that she had a thing for Somas when she was in ECW. I can understand her not wanting to talk about that, and she may not even remember a lot of details when she was messed up on Somas, but to say repeatedly that she never had a drug problem.

There is no mention of Wrestling Vixxens, her first entrance into the world of porn. None. It is like that time of her life never happened.

She doesn't go into a lot of details on her battles with cancer. Some people have even speculated she made the whole thing up. I'd hate to think anyone would lie about having cancer, so I give her the benefit of the doubt. She was more than honest on the effects her drinking has had on her health.

The end of the book is very rushed and a lot more detail could have been added. It was obvious that she was tired of writing and rushed through the last few chapters.

If she really is only one semester away from graduating from Tennessee, I wish she would take a break from the media and step out of the lime light. It wouldn't be hard to move back to Knoxville for a year and get her degree.

If she wants to do porn that is her business. I am in no place to judge her. I wish Tammy all the best in her life. The book is a decent read as long as you go into it knowing what to expect.

More at: <http://www.jezebeljorge.com/2016/02/t...>

Sara Petrocelli says

I do appreciate Tammy being so candid, even if she did leave out some stuff. I also appreciate the cool stories, but the depth of the book could have been so much more given the absolute highs and distressing lows she has had over her life and career. The structure itself was also off, but I am also quite aware she isn't a writer so I can't knock it too hard. Despite its flaws, the book was a fast read and still interesting to a long-time fan.

Rob says

This book is the autobiography of former WWF manager and Hall of Famer Sunny. It tells her life story for the most part, with a single chapter of funny stories and miscellaneous trivia. It spends a large portion of the book talking about the outside the ring happenings of Tamara Sytch.

I enjoyed the book. However, unlike most wrestler books that come across as grateful for their careers, this one does not. While I enjoyed reading the story, it did seem like the tone was less grateful and more that she was owed everything great that happened to her. Even her arrests and alcoholism placed the blame on other people. I am a firm believer that everything a person does in life is their choice. So I don't completely buy the oh poor me that she writes with.

My other knock about this book is that it doesn't deal enough with her in ring career. Now perhaps the publisher (that publishes erotica mostly) edited it out. But it seemed this story was far more about her romantic life than her wrestling career. I realize being a manager she didn't physically participate in matches. But on some level I assume she was involved with the planning and execution of those matches. I would have cared to read a bit more about that than her and Shawn Michaels romantic trip to Jamaica.

But for any wrestling fan, this is an interesting read into one of the mid-90s biggest draws in the WWF. Since I had just finished reading Chris Kanyon's book, it made for an interesting dovetail. I have yet to read a wrestling biography that wasn't an interesting tail and this one was as well.

Oliver Bateman says

I somehow managed to ignore Sytch back in the 90s--I ignored the valets and I'm not sure I noticed the opposite sex until the mid-2000s, at the earliest--but her meteoric rise and equally rapid fall are documented in detail here.

Sytch's tone of voice is annoying, but that seems par for the course given the characters she played in SMW, WWE, ECW, and WCW. It seems pro wrestling destroyed her, and for no real reason: she came from a decent family in NJ, was apparently an okay student, but just got that lust for the ring and, after meeting Chris Candido, never looked back.

By 1996, she was the "most downloaded woman on the Internet" (whatever that means, though AOL did confirm this somehow) but after passing up a chance to pose in Playboy, her hated rival Sable seizes upon it and surpasses Sytch in popularity. From there, Sytch, who had been carrying on with Bret Hart and Shawn Michaels to various extents, descends into heavy-duty alcoholism and prescription pill popping (but never "illegal drugs," something she's very proud of for some odd reason). The latter half of her tale is one of woe, for the most part -- porn and Skype sex and so on, with a brief respite when she got in shape for her WWE Hall of Fame induction. She winds up making a few trips to jail, cracks the front page of TMZ for her

misdeeds, etc.

Old School Wrestling did a nice podcast (with good video) about her career and fall from grace. It makes for a nice accompaniment to the book:

<https://www.youtube.com/watch?v=1nEMl...>

Rainy says

Well, this was an interesting read. There are some parts of the book that made me think it was heavily sponsored by the WWE. When the author references to her time in the ECW and WCW, albeit pointing out the good times, is very hard on the managers that ran both of those leagues. While this is understandable given the circumstances that occurred, it seems a lot like Vince McMahon's view of those individuals. On the other hand, she has nothing bad to say about WWE and their management.

Otherwise, I fund this book well written and addressing even some controversial life choices the author has made in her life, particular in recent history. As is pointed out, there is a lot of chemical dependencies going on, which shouldn't come as a huge surprise. Also, her recent ventures in the adult industry is addressed and I have to give her credit for that.

All in all, I would recommend this book, not just for wrestling enthusiast, but also people who want to know how a life can turn from shining star to absolute bottomless pit.

Brady Hicks says

Tammy ... where to start? Well-told narrative of someone who started for me as a crush and later became a peer. Wish she could find happiness and let go of some anger. Hoping 2018 provides that much. Fascinating story.
