



Looks Great Naked

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Grace Adams has it all under control. True, she can't order anything through the mail for fear her dachshunds, Laverne and Shirley, will intercept and eat the contents, and she's still carrying a few extra pounds from the birth of her kindergartener, but the rest of her life – marriage, kids, house, even her tennis game – is picture perfect.

At least it is until the day her mother hands her a diet and exercise book called Look Great Naked and says, "I think your husband's having an affair." As the façade begins to crumble, Grace realizes that looking great naked means having nothing to hide. It's accepting yourself exactly the way you are -- right here, right now, flaws, wrinkles, knots, bumps, lumps, bad attitude and all.

Looks Great Naked Details

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From Reader Review Looks Great Naked for online ebook

Amy H says

I am very conflicted with this book..

I want to love it, but to me it feels like the author was trying to much in this book. Yes, i know it is a work of fiction, but it also seems like a true story, but written as fiction.

Grace thinks she has everything under control. She was brought up with a perfect church family. Her father was a pastor, and her mother spent the rest of her life making the dream family. it didn't matter what kind of family problems that were going on everything was put on hold when Sunday came around until after church.

Grace got married to a former college football player. he started to work for this father and made lots of money. They lived in a big house, and had 2 children. One day out of the blue, her husband didn't want to work for his father anymore, and wanted to start his own business. Well, like any other house wife she supported her husband, and sold their beautiful house, and lived in a run down farm house that was her grandmothers. While they were trying to make everything even again; grace noticed that their were very high phone bills. Her husband was spending over \$2000 a month on phone sex lines! She was angry, but like any other church women her husband said he was going to change.

Meanwhile, Grace's mother gave her a book that is called, looks great naked. She told grace that the reason why marriage do not work out is because the wife becomes fat or controlling. So, grace starts this great diet. (During this whole time of a new business, her husband was cheating on her with his assistant.) He also started drinking very heavily and had to go to rehab. He was blaming all his problems on his wife saying that she was the reason he did everything. and that having a sex addiction was a real problem

see this book and i are not getting along because while all the drama is going on she is telling the readers to just stop while your ahead and get a divorce. I see the comedy in this book, but i honestly couldn't get into the book ,and could tell what was going to happen right before it did.

you will see how a great marriage fails, and how family's try to do everything to fix, and live a happy life. also, you might find her banter in between funny. personally, this book was not for me

mountainmama says

Although this book is advertised as a work of fiction, it reads like one woman's account of dealing with a cheating husband. In it, Grace marries her 'prince charming' husband and they have the perfect life – wealth, a beautiful home, beautiful children, and a strong faith-based marriage – until she discovers her husband is cheating, and even worse, he's a sex addict who refuses to quit cheating. Her journey from being his codependent doormat to her realization that it's not her fault is told with great wit and humor.

I noticed some reviews complained about formatting and editing, but my edition was very well formatted and edited. A quick and easy read – very entertaining and I would recommend highly!

Christi Dobbs says

I don't know why, but I thought this was a self help book on how to look good in your own skin. I started it and was hooked but kept waiting for the part that would apply to me. True, I knew plenty of ladies that this would apply to, and some that need to read. But I kept thinking where is my part. But as quickly as I read it, in the end I was glad. There were many lessons she learned that do apply to me, and many that I want to make sure my kids remember as well. Quick read, easy writing, sometimes very sad, but in the end a strong woman wins out. My kind of book.

Darlyn Kuhn says

Sandi Hutcheson grew up a preacher's kid in Atlanta, Ga. Following Southern tradition, Sandi married young and set out to raise a perfect family. Three kids later, she was on track, until Sandi's mother gave her an unexpected "gift": a copy of a book filled with diet and exercise tips called Look Great Naked, and told her "I think your husband is having an affair." The unspoken message was, your husband is straying; go fix yourself.

Instead, Sandi learned to peel away the scales of image and strip down to her authentic self, no longer addicted to perfection and the notion she has to hide her weaknesses from everyone. Sandi obtained her Master of Fine Arts from Spalding University, and teaches Short Story Writing at Flagler College and Creative Writing for the University of Phoenix, while pursuing a Ph.D. in Creative Writing at Warnborough College, Ireland.

Sandi's stories have been published in Creative Nonfiction, Doxie Digest and Southern Journal magazines. Her novel, Looks Great Naked, follows the struggles of Grace Adams, a woman on a similar journey of despair and hope - sometimes side-splitting, sometimes heartrending - that will empower people who are afraid to take off their masks.

Virginia Welch says

What an interesting piece of "fiction." If this is fiction, then my name is Attila the Hun.

Grace Adams writes of growing up as a preacher's kid--that perfect specimen of evangelical family culture--marrying Mr. Perfect because they look well together, and after a few years of ostensible wedded bliss, she discovers that her husband is a sex addict. It was the phone bills. \$1,000-\$2,000 at a pop for phone sex. Then the girlfriend. Then the alcohol. Then the \$35,000 sex-addict rehab for HIM only to learn from the experts on staff that it is HER controlling ways that is causing his sex addiction.

It gets worse near the end, but I don't want to spoil it for you so I won't spill the beans here.

I both hated and felt sorry for her husband. I found her (our heroine--not Ms. Adams, because remember, this is fiction) to be witty, real, believable, forthright, and convincing. Her portrayal of the family zeal to be and

appear the perfect Christian unit touched a nerve with me, though she, being a minister's daughter, doubtless swam in a fish bowl of far more interest to casual onlookers than anything I've ever endured.

I liked this book because it did what it promised: It told a story; had a logical beginning, middle, and end; contained the metamorphosis of a somewhat weak heroine who learned to be strong; was well edited (not perfect--but very good; could have used a little help with formatting because there were some glitches on Kindle, though they didn't get in the way of the read other than that you notice them); ended on a happy note; and, most important, contained no boring sections that make you pause and wonder if you should keep reading to see if it ends well. I never got bored. I couldn't wait to find a few free minutes to pop open my iPad to read some more. That, my friend, is the real test of a good book.

P.S. - The nearly naked derriere on the front cover serves only one purpose: sell books. Relax. This is not a smut job.

Joy Carter says

A great little book that was fun to read. I also liked the fact that the author put it all out there and told how she felt about divorce. Even though it was a book of fiction I felt like the story was extremely heartfelt.

Jen Payne says

I kept waiting for this book to get to the funny part. True, there were occasional funny instances but most of this book was an account of a marriage falling apart. I wish I had enjoyed it more but I really didn't like it.

Teddy Jones says

If this book were listed as memoir, I probably would not have chosen to read it. I'm not fond of memoirs, particularly if they tend toward exploring victimhood. In fact, I have often thought, when reading some memoirs, that I wish the author had kept her clothes on, figuratively speaking, to spare the reader the need to accept that the person lived through the particularly awful events on which she reminisces. Something about the need/wish of some memoirists to expose the experience, to bare themselves to an unknown public annoys me. BUT, a "fictional memoir"--that could be a different genre entirely, I thought. And Sandi Hutcheson's "Looks Great Naked" proved it's true.

The central character's travel through an erratic marriage of a "too perfect" woman and a husband with addictive and/or narcissistic tendencies, and the resulting journey of her personal growth, made an interesting story. The fact that the tale is told in a conversational tone made the wry humor and the thoughts and actions of the central character seem plausible, though sometimes less than entirely rational.

I applaud Ms. Hutcheson's ability to put her characters in difficult situations and to find fallibility as well as some redeeming qualities in both the wife and the husband in this story. Her central character did, in fact, bare herself, but I found the result in this fictional memoir hopeful and often funny--not annoying.

Katya says

I loved this book- the story was incredibly emotional, full of twists and turns, and simply pulled you along for the ride.

Jennifer says

Looks Great Naked

This was a great emotional whirl wind of a book. Sad but true this can happen in people's lives. I love this point of view from her. I really enjoyed this book.

Sherry Palmer says

One of the things that makes Looks Great Naked such a fabulous read is that the narrator tells the story as if she is sitting beside you on the couch drinking a cup of coffee. The reader feels like this is a good friend trusting you with her deepest secrets and naked truth. Even the best of friends don't always open themselves the way the author does in this heartfelt story of love and betrayal.

Adams is a gifted story teller who invites you into her darkest moments as she takes the reader from the moment her mother warns her against getting fat, through the moment she realizes that even looking great naked isn't enough to keep a man from wandering when he is addicted to sex. Grace is a sympathetic character as she desperately tries to hold onto her marriage, while learning that addiction is sometimes more powerful than love. Yet, she is also a brave character who feels the need to share her experience in the hopes that it will help others.

The reader cannot help but laugh out loud at her vulnerability and the self-deprecating humor that she manages to weave throughout the story, making this as much about her blunders as her husband's, making her someone the reader can identify with and trust from the very beginning off the book.

If you are looking for an entertaining, enlightening read about a painful subject, this is the book for you. If you are in a relationship and find that you blame yourself for your spouse's philandering, then this is definitely the book for you. Adams has experienced it, and is more than generous in her honest account of nearly losing herself to her husband's addiction. If you think you are alone, if you think what you are experiencing is too embarrassing to talk about, this is the book for you. Adams talks about it so you can too, with your head held high. You will learn that you did not cause your spouse's infidelity and that you cannot cure it.

Mostly, you will learn that you are still a person of worth. Adams makes this clear as she walks through the affliction of addiction, while refusing to surrender. I found her story to be inspiring, and I am confident that you will too.

Lynn Hamilton-rutherford says

From the very first page ... actually the first paragraph, Grace pulls you in to her world where chaos is normal and "survival of the fittest" takes on a whole new meaning! She and her gang of wacked out dogs (who happen to have a total of eleven legs), take control of a situation that no really good, God-Fearing, Southern Woman would EVER want to find themselves in! While the canines choose to deal with the cheating spouse in a passive-aggressive way, Grace uses her wit and wits to keep her from falling into the ruts when her world gets exposed (no pun intended). This book will keep you laughing and turning pages faster as she gets more and more "naked". Somewhere between a survival guide and a how-to book, this one is an absolute MUST for anyone who either has dogs or knows a man who acts like one. Enjoy!

Eric says

"Looks Great Naked" is glimpse into the mind of many: a preacher's kid, a sex addict, and a Southern girl just trying to live her life's dream. Grace Adams uses humor to stanch the flow of a man's terrible actions to tell a story of heartbreak and survival.

There are many gems in this book and it's not just for the person who has been cheated on. It's a story of how things that may appear nice and shiny on the outside yet actually may be a bowl of muck on the inside once you start digging around.

Very relatable; very gritty. A must read!

Marcy Sue says

I would like to start my review by expressing my great respect for Ms. Adams for delving into her fictional personal life and bringing the reader in as if they were a trusted friend. There are plenty of people that are incapable of this kind of honesty with those closest to them. But as any writer knows, there is a modicum of safety in putting your thoughts and feelings to paper. It is how we have become a society that depends on email and text messages to express important information rather than the telephone conversations or face to face meetings.

Not being her neighbor or friend, there were pieces of the story that were a bit choppy just because I don't have the frame of reference that the character's immediate circle do. There were some points where I did not know whether to laugh or cry or be angry at her, or fictional husband, for what was going on. I admit that I finally let out a sigh of "It's about time" when she stood up to the reality that her husband's infidelity went far deeper than just the facts she was willing to see or acknowledge.

I do believe a lot of facts about addictive behavior. I believed that they are or can be learned. I believe that they can be organic in nature and thus in a different class of mental illness requiring specific types of treatment. I believe that sometimes they are a call for attention or help. It is sad when the behaviors envelop a family unit that spans generations of children, spouse, siblings, parents and in-laws.

I imagine that writing down this story was not intended as a diary of experiences and perhaps began as a cathartic experiment. Whatever brought about the publication, I do give Ms. Adams credit for her open

honesty.

I am sure that the tales of dogs ransacking toilet paper packages are meant as humor breaks. But then I find myself squeamishly looking for relief upon the mention of her witnessing a dog being killed by a car, her as an adult running over one of her own dogs and yet another dog jumping from the back of a truck shattering his leg beyond the skills of veterinary science to fix without a mandatory amputation. The dogs probably mean more in her real life than they meant to the story. I understand that kind of attraction to ones canine pets.

The book is a fast read. Depending on your own frame of reference, it could be a frightening look at what can happen even to the most pious and bible quoting members of society.

For every woman that has stayed in a relationship far after its expiration date, this is a book that you will appreciate. For every woman that made excuses for behaviors that she knew were completely inappropriate look back on that man and thank yourself for pulling strength together to move on.

This novel is not just about sexual infidelity or addiction but about limits. It is about being absent while being physically present. It is about the deterioration of a couple and the effect that has on friends and family. Nothing is ever simply about just two people. We intersect with too many people on a daily basis to contain sadness, happiness, glee, joy or mourning to our independent selves.

I did not hate this story. I did not love it. I liked it and thought it was incredibly courageous.

Lil Miss says

This was like listening a friend babble. Parts were funny and other parts were just parts.
