



Lessons I've Learned

Davina McCall

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With her trademark humour, warmth and honesty, Davina McCall shares her life experiences.

"I am a work in progress. There are times when I feel in control and like I know what I'm doing . . . and there are times (quite a few) (actually lots) when I've got no idea what's going on, where to turn, what to do, how to behave, and those are the times I've sought help!"

I have been helped by some extraordinary people. I've been supported and counselled through my recovery from drugs and alcohol. I've been hypnotised to get me through my ultimate fears. I've read a squibillion (that's a lot) of fantastic self-help books and I have shared and shared with the greatest girlfriends and family of all time. These nuggets of wisdom have, at times, literally kept me going, so I thought I'd pay it forward and share them with you . . ."

In this long-awaited book, Davina McCall shares the tips and wisdoms learned on her 'work-in-progress' journey through life.

Warm, engaging, honest and generous, this book will make you laugh and cry in equal measure. *Lessons I've Learned* is the closest thing to a Davina hug and we all need one of those . . .

Lessons I've Learned Details

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Author : Davina McCall

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Araceli says

A great collection of condensed advice and tips. Davina speaks from personal experience, not repeating what other books might advice and her humor and positivity make it a very enjoyable read. Some of the sections might sound like pure common sense, but I believe it's important to remind ourselves from time to time... as well as reflect on what truly matters. We are not perfect, and we are constantly evolving. It is our responsibility to keep working on our selves. "I'm me... A work in progress."

Katie C1990 says

When I first started reading this book I wasn't sure that I was going to enjoy it but after the first few chapters my viewpoint totally changed. I loved reading about what had happened in her life for her to see things the way she did and what she put in place to deal with certain things that her and her family were going through. I love how she talks about her family in the book and the lessons she has learnt from being a young age right up until now. She deals some great advice in this book and I have taken on a lot myself and learnt a lot from what she has written in her book. A thoroughly brilliant read!

Ellen Stafford says

A great book with good advice. Davina shares her tips and advice that she has learned for all aspects of life including dealing with the kids, being a working mum and things she learned from her childhood and growing up.

I enjoyed reading the book and it left me feeling more positive about life and to be grateful for what I have. Loved it.

Jennifer says

"An Absolutely fabulous Read"

I found this book so open, honest and refreshing. Davina talks about the highs and lows in her life so far and does not gloss over her much publicised drink and drug taking habit.

Towards the end of the book Davina describes her emotional and intimate time with her sister. I could just imagine Davina reading it to a captive audience and being able to hear a pin drop amongst the silence. It bought tears to my eyes.

Davina mentions some books that really helped her and there are a couple of books that I intend to look into. I like the way she challenges herself and shares her experiences plus her charity work is amazing.

This book is so inspiring and there were tools that will help lots of people too. Thank you Davina :-)

Emma Swift says

Great read through what makes Davina tick and some heartfelt passages on her unique upbringing, influences and what motivates her. An enjoyable read that was part of my plane journeys to Japan and within it.

Zoe Gothard says

I listened the audiobook on a long drive and I think that was my issue as I wouldn't have read it how it was spoken and made her sound like she was now living a perfect like that somehow she controlled.

Apparently if you decide you want something it will happen, but I've been trying that for a few years

Mark Thomas says

Loved the way Davina read this as though we were good friends sitting across from each other. That said I had difficulty following any red thread through the book. It was very jumbled and makes it unfortunately hard to recall many of the good lessons to remember.

Hannah says

I very, very, very rarely find myself reading autobiographies, especially by those who aren't deemed 'internet celebrities'. It's just not my jam. So I was really taken aback as to why I felt the need to pick up Davina's 'Lessons I've Learned'.

Davina has always been someone whose made me laugh. Her general attitude when I used to see her on Big Brother always made me giggle. She was interesting to watch! But I wouldn't say I felt exactly interested to read about her life.

Gosh! I was so wrong.

I laughed, I cried and, most importantly, I learnt a thing or two! This autobiography/self help book allows you to enjoy some light hearted (and some heavy hearted) anecdotes from Davina whilst being able to take little snippets of advice. It made it feel less heavy, less 'me me me' ish and extremely enjoyable.

Towards the end, I didn't know whether I preferred the self help side of things or the autobiographical side of Lessons I've Learned. The balance between the two was great and it's actually made me fall in love with Davina a little bit. I had no idea she went through half the stuff in this book! But she delivers it in such a

drama-free and honest way that it just felt like having a chat with someone.

Davina delivers real advice from real experiences and let's you have a chuckle on the way. I'd recommend this book to anyone who needs a little light read as a pick me up, or even to those who are just looking to make some changes in their everyday life.

Carol says

I enjoyed this book and the way it was written. There were a lot of good life lessons included, and an insight into Davina's troubled childhood and adolescence. I gave 3 stars as found it a little disjointed in parts, and sometimes her life came across as more perfect than reality.

Melanie Abbott says

Listened to this on Audible. Really well read - like going for a coffee with a friend. Really enjoyed and would recommend

Katie Harding says

I thoroughly enjoyed reading this. It was a 'gobble up in one sitting' kind of book! It's not autobiographical or in any way self indulgent, it's a sharing of some of her life experiences and what she's learned along the way and how she's used those lessons to overcome adversity, help others and promote a happy and positive life. It's an incredibly genuine and honest book, with laugh out loud hysterical moments in some chapters and others that leave you with a lump in your throat. It's real, relatable and practical. It's the kind of book you need a note pad beside you to take notes! It leaves you feeling content, warm, energetic with a pang of appreciation and gratitude for life. Highly recommend

Kelly says

I have just finished listening to Davina McCall on audible and really enjoyed her autobiography. She is honest and insightful and I found that I just wanted to keep listening to see what subject she would tackle next.

Listening to this book, made me thankful for what I have got and reminded me that being yourself is all you should ever be.

A brilliant autobiography that details highs and lows her battles with addiction and her overwhelming love for her family. A brilliant reflective autobiography that leaves you with the imprint of how important family is.

Amanda Claire Bower says**Outstanding**

Every house should have a copy of this wonderful book. I have learnt so much. Davina I salute you xx

Vivienne says

Excellent book written from the heart

Leanne says

I don't think I ever would have thought that I would be reading this book as I didn't like Davina McCall a while back. I found her behaviour a bit too over the top rather than charming. However, I saw this book in the library and thought, 'Why not?'. The book is actually a mixture of being humorous, interesting and useful in different parts.

It's not the usual autobiography that you might come across with an in depth description of the person's life but it does include a lot of useful information off the back of anecdotes. Perhaps one of the most helpful parts is towards the end when Davina talks about what it feels like to go through the menopause. She's right, it's something that is not often spoken about yet I know that the time will soon come when I will go through it so it's helpful to read about how I might best deal with it.

I started to gain more interest in Davina when I read her no sugar books and this book also provided some comfort knowing that there is yet another person who is, or was, in this case, a 'sugar fiend'.

The book is written in her usual upbeat manner though she has been through an awful lot in her life including a mother who abandoned her at the age of about three and a sister who passed away from Cancer.

Overall if you would like an easy read, albeit, with some difficult topics as mentioned above included, I'd recommend it.
