

Welcome to the glam and fab world of Sam Faiers - star of the hit TV programme The Only Way is Essex. Read on to find out what it takes to be a REAL Essex Girl. The Oxford Dictionary definition of an Essex Girl: A brash, materialistic young woman of a type supposedly found in Essex or surrounding areas in the south-east of England. The Sam Faiers definition of an Essex Girl: A stylish, hard-working, big-hearted and family-minded young woman found in Brentwood or nearby areas (and Marbs). At the start of 2010 Sam Faiers was a normal 19-year-old girl from Brentwood: she was working in a local bank, plotting a glamour modelling career and planning what outfit to wear to Sugar Hut. Then the first episode of TOWIE aired, and suddenly Sam was catapulted into a world of champagne cocktails, TV studios, nightclubs and paparazzi. In Living Life the Essex Way, Sam lifts the lid on her childhood, her rise to fame and her beauty regime, as well as her dating rules, dealing with instant fame, the men in her life and what really goes on behind the scenes on the hit ITV2 show.

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