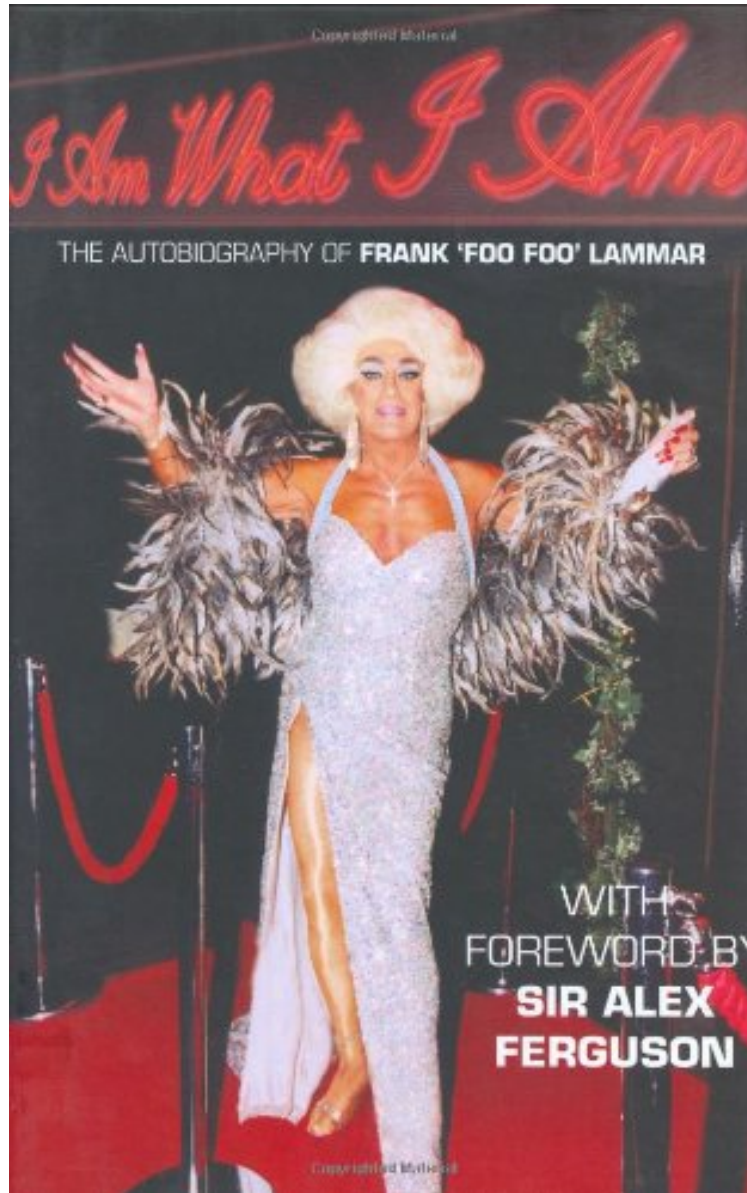


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## I Am What I Am: The Autobiography of Frank Foo Foo Lammar

*Frank Lammar*

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**Frank Lammar : I Am What I Am: The Autobiography of Frank Foo Foo Lammar** before purchasing it in order to gauge whether or not it would be worth my time, and all praised I Am What I Am: The Autobiography of Frank Foo Foo Lammar:

1 of 1 people found the following review helpful. FooFooFabulosityBy PippoA book about a man who lives his life, and loves his family, friends, and country....and has a fun life along the way! 1 of 1 people found the following review

helpful. wonderful man wonderful bookBy miche13880What a wonderful man. Generous to a fault and sadly missed. I'm amazed nobody has taken this book and retold his life story for television. Move over Angela's Ashes.

The story of the flamboyant Frank "Foo Foo" Lammar is a real-life rags-to-riches story. Although times were tough during his childhood, Frank was driven by an intense passion for singing. Hungry for success, Frank worked non-stop to carve himself a niche in the history of Manchester's nightlife. Foo Foo's Palace is a legendary nightclub, and is a favourite haunt for celebrities from all over the country. Yet amidst the glamour and glitz of the nightclub world there has also been tragedy in Frank's life, when a scan revealed a cancerous tumour. He made a dramatic recovery. He also works to raise money for worthy causes, and his work has brought him into contact with stars such as David and Victoria Beckham, Sir Alex Ferguson, and Lily Savage. This book is Frank's own story of his life.

'Of all the special moments in my life the best I have experienced was in 'Foo foo's Palace' Barbara Windsor