

My Life So Far

By Jane Fonda

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My Life So Far By Jane Fonda

She is one of the most recognizable women of our time. America knows Jane Fonda as an actress and an activist, a feminist and a wife, a workout guru and a role model. Now, in this extraordinary memoir, Fonda reveals that she is so much more. From her youth among Hollywood's elite and her early film career to the challenges and triumphs of her life today, Jane Fonda reveals intimate details and universal truths that she hopes "can provide a lens through which others can see their lives and how they can live them a little differently."

Fonda divides her "life so far" into three "acts," writing about her childhood, first films, and marriage to Roger Vadim in Act One. At once a picture emerges: a child born to the acting legend Henry Fonda and the glamorous society princess Frances Seymour. But these early years are also marked by profound sadness: her mother's mental illness and suicide when Jane is twelve years old, her father's emotional distance, and her personal struggle to find her way in the world as a young woman.

By her second act, Fonda lays the foundation for her activism, even as her career takes flight. She highlights her struggle to live consciously and authentically while remaining in the public eye as she recounts her marriages to Tom Hayden and Ted Turner, and examines her controversial and defining involvement with the Vietnam War. As her film career grows, Fonda learns to incorporate her roles into a larger vision of what matters most in her life—and in the process she wins two Academy Awards, for *Klute* and for *Coming Home*.

In Fonda's third act, she is prepared to do the work of a lifetime—to begin living consciously in a way that might inspire others who can learn from her experiences. Surprising, candid, and wonderfully written, Jane Fonda's *My Life So Far* is filled with universal insights into the personal struggles of women living full and engaged lives.

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Editorial Review

Amazon.com Review

One of the most recognizable women of our time, America knows Jane Fonda as actress, activist, feminist, wife, and workout guru. In her extraordinary memoir, Fonda divides her life into three acts: her childhood, early films, and first marriage make up act one; her growing career in film, marriage to Ted Turner, and involvement in the Vietnam War belong to act two; and the third act belongs to the future, in which she hopes to "begin living consciously," and inspire others who can learn from her experiences. Fonda reveals intimate details and universal truths that she hopes "can provide a lens through which others can see their lives and how they can live them a little differently."

Exclusive Letter from Jane Fonda

JANE FONDA

Dear Amazon Customer,

Allow me to tell you a few things about my memoir, "My Life So Far." I decided to write it because I felt that if I could be brave enough and go deep enough, that my story would be helpful to other people. I wanted to write my life in such a way that in reading about *my* journey, the reader would continually put the book down and reflect on their own life and relationships. I feel that I have succeeded.

I began writing my book just after I turned sixty two, once I was able to see the span of my life and the meanings it held, not just for me, but for others. I saw my life in three acts and that's how I structured my book. The First Act I call *Gathering*, because it was in those first thirty years of my life that I took in all that had made me *me*—the tools, the experiences, and the scars that I would spend the next two acts recovering from and also building upon. The First Act is also when I gathered resilience.

The Second Act I call *Seeking*, because that is when I turned my eyes outward and began a search in the world, for meaning beyond the narrow confines of myself and my immediate life: asking *What am I here for? What are other people's lives like? Can I make it better?*

The final act is called *Beginning*, because---well, that's what it feels like. I hope you enjoy it. I also hope that reading it will make you think about your own life a little differently.

Love,



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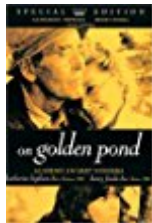


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From Publishers Weekly

At 67, Fonda looks back on a full life with insight and more than a tinge of regret. The actress-cum-activist-turned-aerobics instructor (and now philanthropist) has a lot to say and, for the most part, it's interesting-if readers can hang on through the too-frequent, lengthy passages of self-analysis. Fonda clings to the theme of defining herself through the men in her life, starting with her father, the detached and intimidating Henry Fonda, and moving through her three husbands: Barbarella director Roger Vadim (1965-1973), student activist-turned-politician Tom Hayden (1973-1990) and self-indulgent philanthropist Ted Turner (1991-2001). It doesn't matter whether Fonda's paying for her acting lessons at Lee Strasberg's studio by modeling for women's magazines; trying to internalize the role of a prostitute (for 1971's *Klute*); or engaging in a threesome at the request of Vadim-she continually feels inadequate. Perhaps it was her mother's suicide when Fonda was just a girl, or her parents' unhealthy marriage. Whatever the reason, Fonda has struggled with feelings of insufficiency and codependency-and eating disorders-for much of her adult life. She discusses her controversial trip to Hanoi in 1972 (writing those chapters in the present tense), rueful that she allowed herself to be photographed on an antiaircraft gun, yet insisting, "I was framed and turned into a lightning rod for people's anger." More weighty than the average celebrity memoir, Fonda's remembrances, while wordy, nicely sum up more than 50 years of American history, seen through the eyes of one well-traveled woman. Photos.

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From [Bookmarks Magazine](#)

Jane Fonda is certainly a fascinating character. And, most of the time, her autobiography proves equally fascinating. Her on-the-set character studies of fellow actors are a joy, as is Fonda's thorough examination of her own weaknesses and failings. Her poignant analysis of her relationship with her distant father, Henry Fonda, and suicidal mother touched critics. There are also times, as all critics noted, when her earnestness and self-absorption become cloying. Her writing wavers between catchy and mediocre; but this inconsistency, critics say, disproves the rumors of a ghostwriter. All in all, by the end of *My Life so Far*,

Fonda emerges as a sympathetic and important force—in her own life and in others as well.

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Users Review

From reader reviews:

Richard McCain:

The publication with title My Life So Far includes a lot of information that you can study it. You can get a lot of gain after read this book. This particular book exist new information the information that exist in this e-book represented the condition of the world currently. That is important to yo7u to know how the improvement of the world. That book will bring you with new era of the glowbal growth. You can read the e-book with your smart phone, so you can read that anywhere you want.

Paul Steinbach:

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Edna Dixon:

Within this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple method to have that. What you must do is just spending your time very little but quite enough to enjoy a look at some books. On the list of books in the top collection in your reading list is definitely My Life So Far. This book which can be qualified as The Hungry Inclines can get you closer in getting precious person. By looking way up and review this guide you can get many advantages.

Brandon Seymour:

That book can make you to feel relax. This particular book My Life So Far was colorful and of course has pictures on the website. As we know that book My Life So Far has many kinds or type. Start from kids until youngsters. For example Naruto or Detective Conan you can read and believe you are the character on there. Therefore not at all of book are make you bored, any it offers up you feel happy, fun and rest. Try to choose the best book for you personally and try to like reading that will.

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