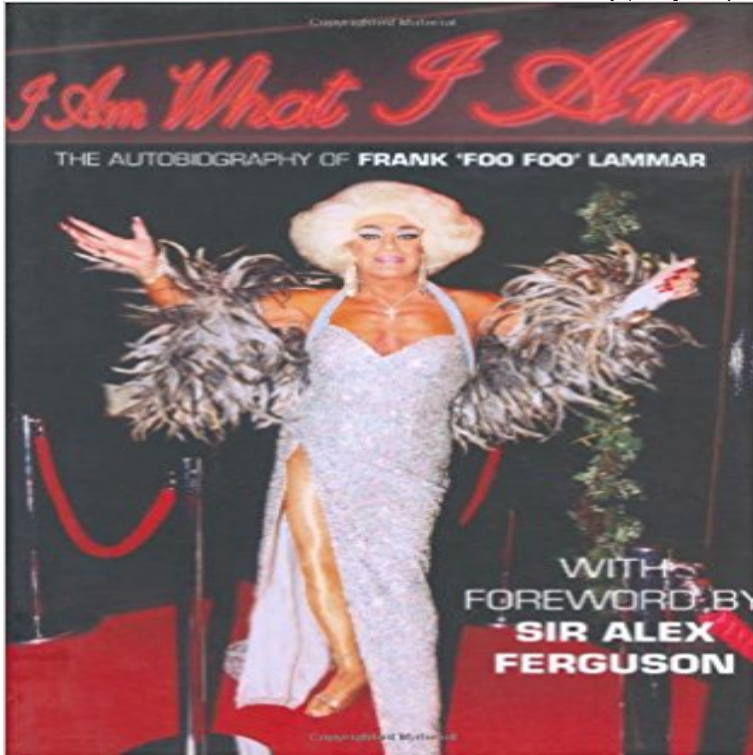


# I Am What I Am: The Autobiography of Frank Foo Foo Lammar



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 Foes 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.

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