



# Living it Arg

*James Argent*

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## **Living it Arg** James Argent

Welcome to the world of James 'Arg' Argent - the cheeky chap with loveable charm and a big heart.

One of the original cast members of the award-winning reality TV series, *The Only Way is Essex*, Arg is best known for his long-term relationship with Lydia Bright and his affectionate 'Bro-mance' with Mark Wright. A key figure in the show, he remains a favourite with writers and is a character loved by male and female fans alike.

But life for Arg hasn't always been easy - broken hearts, an on-going battle with weight and self-esteem issues - there is a lot more to Arg than meets the eye and he lifts the lid here for the first time. From his disastrous on-going quest to find 'The One' to his secret passion for *The Rat Pack* and *Frank Sinatra*, Arg is an old-fashioned soul who found over-night fame and he tells us what really goes on behind the scenes of one of ITV's biggest hit shows.

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