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# **Kirstie Alley's Big Life - The Weight Loss Sequel**

She's back. get ready for weight loss images galore. Kirstie Alley is returning to TV for real. And this time she again seems larger than life, now that weight loss photos reveal she is well over 200 pounds again.

Kirstie Alley's Big Life is the name of her new Sunday night reality TV series starting March 21st on A & E. I've been shown the trailer for the series. as a longtime television industry professional, I can report with confidence that the show's content looks interesting indeed.

The 59-year old Emmy Award winning actress wants to regain her popularity with the series. but she also wants to lose weight again. in fact, her weight is a big part of the story line. Kirstie says, You're going to see me lose weight in the show. we always see the before and after weight loss photos, but we never see the in between. The in between is really the meat and potatoes. Pardon the pun.

Joining her in the show's cast are her son, true, and daughter, Lillie (both from Kirstie's former marriage to actor, Parker Stevenson). There's also Ms. Alley's two assistants, Kyle and Kelly, and her friend Jim, the guy she calls her Chubby Buddy. as if that's not enough characters for you, Kirstie Alley also owns 25 animals, some of them wild. You'll also get to see some wild moments with annoying paparazzi and more.

I can remember I was just one of many guys who thought Kirstie Alley was attractive while she starred on Cheers 20 years ago. now though, the 5-foot-8 actress is built more like George Wendt's Cheers character, Norm Peterson. She is considered obese. Reports have her tipping the scale somewhere in the vicinity of 230 pounds.

Kirstie Alley gained a ton of recognition as the spokesperson for the Jenny Craig Weight Loss Program a couple of years ago. She lost 75 pounds on the program. However, that business relationship blew up in 2008. Then Kirstie did. She regained all the weight she had lost. and some. Will the aggressive paparazzi be as concerned in capturing Kirstie Alley weight loss photos as they were after her weight gains? Regardless, Kirstie Alley is a now a big target again and she is smart enough to know it.

She confirms the title of the new TV series saying, I have a big life. I've had all these reincarnations in one lifetime. For her sake, I hope she is rewarded for taking another chance in this next life as an actress. more importantly, I hope that Kirstie Alley's next life finds her returning to the familiar role of a highly visible weight loss success story.

Millions of people fight never ending up and down personal battles with their own weight loss goals. another big-time weight loss success by Kirstie Alley would serve to inspire many women and men to stick with it to see the before and after weight loss photos of their dreams.

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