



Confessions of a Kamikaze Cowboy: A True Story of Discovery, Acting, Health, Illness, Recovery, and Life

Dirk Benedict

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The best-selling memoir *Confessions of a Kamikaze Cowboy* tells the fascinating story of actor Dirk Benedict's journey from the big sky country of Montana to the hustle and hype of Hollywood. It also describes his odyssey of self-discovery and growth as he changes from struggling actor to celebrity, from meat eater to vegetarian, from cancer victim to cancer victor. Brilliantly written?insightful, witty, and always challenging?*Confessions of a Kamikaze Cowboy* may change the way you perceive actors, and even make you reconsider the truths in your own life.

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