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From military bases to Knots Landing, Lar Park Lincoln shoots straight from the hip in her debut book "Get Started, Not Scammed"

Lar Park Lincoln reveals the inner-workings of Hollywood studios and their hiring practices as well as the truth about what it takes to work in the Entertainment Industry.

/24-7PressRelease/ - HENDERSON, NV, June 18, 2008 - From Knots Landing to Beverly Hills 90210, internationally known actress, model, spokesperson, career coach, and QVC Celebrity Guest Host, Lar Park Lincoln is sharing over two decades of in-depth personal knowledge of what it takes to succeed in the Entertainment Industry.

In her debut book, *Get Started, Not Scammed*, Lar shares not only tips of the trade, but a realistic look at what it takes to begin a career in entertainment and the tools needed to achieve more than fifteen minutes of fame. What will easily be looked upon as a bible for the aspiring actor or model, *Get Started, Not Scammed* contains much more than the usual fluff associated with the dreams of a career in New York or Hollywood, it offers something far more valuable; 178 pages of the truth. The truth of what it takes to get an agent to take a chance on someone's looks and talent. The truth of what financial considerations an aspiring actor and/or model will have to make, as well as the amounts of money that will have to be spent before even setting a foot through the door of an agency. The truth about what to expect after landing a job in the industry, and the truth about what's needed to sustain said career.

Lar's tell-it-like-it-is attitude is reflected on every single page of *Get Started, Not Scammed*. Fed up with scams and dream stealing schemes, Lar has brought the dark side of the industry to light and guides parents, young hopefuls, and veteran actors with truth and integrity through her experiences in the industry and her desire to help others achieve the goals they've set for their own lives. As she and so many others have already learned, spending life in front of the camera is hard, and life behind it can be even harder. *Get Started Not Scammed* may not prepare someone for the thousands of flashbulbs going off at the Academy Awards, but it will definitely prepare them for their journey up the red carpet.

Get Started, Not Scammed is available worldwide through various retailers or can be ordered directly through the *Get Started, Not Scammed* website at www.getstartednotscammed.com.

Review copies, signing events and author interviews are available upon request.