

# **Confessions of an Heiress Study Guide**

## **Confessions of an Heiress by Paris Hilton**

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# Plot Summary

Paris Hilton wrote *Confessions of an Heiress* because she felt the need to explain who she really is. In her book, she has created several rules on how to be and act like an heiress. She suggests that some of the most "important" socialites made up their lineages and that anyone who wants to become an heiress can do this as well. Paris also has several tips on beauty and fashion, and she explains how, as a model, fashion is a large part of her life. She discloses secret beauty flaws she has and how she successfully hides them.

Paris writes a length of the importance of her relationship with her sister, Nicky Hilton, saying that they grew up together and are best friends. Paris is very supportive of all of Nicky's endeavors. Paris also discusses other people who are important to her and names many famous friends, including Carmen Electra and Mark McGuire. She addresses the fact that she has so many friends around the world that she felt the need to have five separate birthday parties hosted in her honor just to accommodate all of these people. Paris often travels to exotic places and has several tips on how one can travel like an heiress. She also includes lists of both her most favorite places to travel and the destinations she enjoys the least.

Paris has many different jobs. She is a budding actress and has had several roles in television shows and movies, not to mention her own reality based television show, *The Simple Life*. When Fox approached her about starring in this show, she was skeptical at first but decided to take on the challenge. She, along with her best friend, Nicole Richie, have starred in three seasons of *The Simple Life*, and a fourth season is in the works. In addition to being an actress, Paris is also a fashion model and is currently working on releasing an album and her own "heiress" line of jewelry.

Paris also gives details on the qualities men should have if she is to consider dating them. She delivers tips on how an heiress should behave with a boyfriend and on how she should behave with an ex-boyfriend. Paris also includes a list of who she thinks are the "hottest" guys.

Paris shares several personal photographs taken of her. She critiques each picture and, based on her own faux pas, gives pointers on what to do and not do when posing for cameras.

In *Confessions of an Heiress*, Paris also provides a list of what she believes being a girl entitles her to do, including throwing fits and throwing things. She details her family lineage, going back to her great-grandfather, Conrad Hilton, the man who began the Hilton Empire. She tells of famous actresses, such as Zsa Zsa Gabor and Elizabeth Taylor, who were once married into the Hilton Family, and she describes her own life as a child growing up as a Hilton heir. Paris also talks of her precious pet, Tinkerbelle, and what it is like to have small dog that she takes everywhere. Paris also humorously recounts what Tinkerbelle might write in a diary, if able to.



Paris also discloses some of the things she likes to do in her private life. She tells of her own personal relaxation techniques, which include classical music and baths with many wonderful products. She analyzes her life and the different turns it has taken, saying that she is becoming more serious as she gets older, and gaining a deeper appreciation for her family and their great support of her in all situations. She looks forward to the future and the possibility of someday having her own children.



# Chapter 1

## Chapter 1 Summary

In the first chapter *Confessions of an Heiress*, Paris explains that people seem to have many misconceptions about her, and that she wrote this book in order to give an honest view of who she really is. She is someone who is happy with herself to an extent that she never minds when others make fun of her image, because she can make fun of herself. She does not take herself too seriously, but instead takes seriously her family, her dog (Tinkerbell), and her work.

Being an heiress is not easy, Paris writes, but it is fun and exciting. This suits her, as she believes that there is nothing worse than being boring. Paris considers herself to be somewhat groundbreaking, as she was one of the first socialites to start runway modeling. At the time, this was considered shocking among her social circles, but her actions paved the way for other socialites to begin runway modeling as well.

Being an heiress means being in charge according to Paris, who consistently takes matters into her own hands and follows her dreams. She projects confidence and gives instructions on how to emulate her, with one of her rules being to always act as though the spotlight is on you. She explains how to add attitude to your behavior and says that people will help you if you expect them to but that an heiress should also never be mean. In addition, an heiress should have secrets, or at least pretend to have secrets, so people will want to know more about them.

Everyone needs a fantasy, something they want but know they cannot have. Paris thinks she is a fantasy to some people, who want to believe she has the perfect life. She always likes to keep people wondering and says that the way to do that is to smile all the time and say as little as possible.

Paris has two "main" heiress rules: Don't be needy and don't be too serious. As far as needy is concerned, there is always shopping and traveling to keep an heiress from feeling insecure or bored. Regarding the second rule, Paris believes that being too serious is a sign of being dull or unimaginative. A sense of humor has its practical uses too; make fun of yourself and it takes away others' power to make fun of you first.

In this chapter, Paris also includes 23 instructions on how to be an heiress.

Paris also has a list of things an heiress would never do, such as eating caviar too much, carrying her own luggage, standing in line for a movie, or talking about money. Paris also believes that there are things that most people would not expect an heiress to do but that are perfectly acceptable. These include accepting free things (why not?), going out with guys who have no money, and dancing without fear of being watched.



## Chapter 1 Analysis

Paris starts off her book with a "how to" guide on being an heiress. She lives up to her book's description of "tongue-in-chic" when she describes this step by step. Some of the steps are interesting, some just funny. "Paris the Heiress," as she has been nicknamed, is very confident in her view of the world. Her confidence contains an air of arrogance, as she is all too happy to explain why everyone should want (or like) to be like her. Paris comes across as being fairly full of herself.

Paris is also not shy about explaining that she doesn't have to do things like everybody else (such as standing in line for movies or carrying luggage). Her sense of entitlement as an heiress shows through in her words and descriptions of why she does things. Paris clearly believes that she comes first and that she deserves to be treated as her title suggests. Her phrase "Always tell everyone what they want to hear. Then do what you want" more or less sums up her attitude.

Paris' also seems to be infatuated with her own media image. She worries about her hairstyle (must change it a lot) and her overall appearance constantly. She also is very concerned with acting a certain way for the media, highlighting the importance of being adorable and never acting boring.



# Chapter 2

## Chapter 2 Summary

In this chapter, Paris writes about her close relationship with her sister Nicky. She feels that she and Nicky are very similar to one another. They have always looked a lot alike and were dressed similarly as children. They grew up along with two younger brothers, living primarily at the Waldorf-Astoria in New York City. Paris also remembers living in Bel Air when they were children. They were an extremely close family, and that carries over to today.

Paris writes that she and Nicky both loved dressing up in their mother's clothes and jewelry when they were younger. They also went to the same school. Their mother bought them identical clothes so they would not get jealous of each other, and they continued to dress alike until their teenage years. Paris feels that she and Nicky have opposite tastes now, though. Nicky has become more sophisticated with her apparel, as Paris has become more "funky." Paris thinks Nicky is the more quiet and serious of the two sisters.

Paris is proud to be associated with Nicky as one of the "Hilton Sisters." Now that Paris has co-starred on *The Simple Life*, she feels that she and Nicky are viewed more as individuals than they had been in the past. Nicky has also dyed her hair brown, to stand apart from Paris' blonde hair. In addition, Nicky has done some television hosting (Golden Globes and Academy Awards) and also has her own line of handbags, which Paris enjoys helping her promote in Japan. Because of these activities, both Nicky and Paris have become very well known, so they often wear black wigs when shopping to keep fans from recognizing them.

Paris feels that having someone as close as Nicky has been very important in her life, because she grew up in an atmosphere where it was hard to trust people. Paris writes that she is more confident because Nicky is her best friend. The sisters have lived together in Hollywood for the past few years.

## Chapter 2 Analysis

Paris' relationship with her sister Nicky appears to be an important constant in her ever changing world. On a day-to-day basis, Paris probably deals with many people who have ulterior motives, and she is unable to discuss personal matters with them for fear of seeing her words in the tabloids the following day. It is important for her to have one person whom she can really trust and confide in. Nicky is her confidant, and she spends quite a bit of time traveling with her. They have been close since childhood and remain so to this day.

There is also evidence that the two sisters who were always so much alike as kids have decided to seek out their own identities. Previously, they were massed together as "the

Hilton Sisters." Now, Paris is forever associated with *The Simple Life*. Nicky works on her own line of handbags. Nicky also changed her hair to stand more apart from her sister.





# Chapter 3

## Chapter 3 Summary

Paris writes that she was first approached by modeling agents when she was sixteen years old, but she did not begin a modeling career until she turned seventeen. She likes being a model, but only on a part-time basis.

Paris reveals one of her secrets: she actually has curly hair, but gets it professionally blown straight. She believes an heiress should always have good hair, because an heiress is photographed often. She has several famous hair stylists that attend to her hair needs, and she finds hair salons to be relaxing. If Paris does have a bad hair day, she wears a hat.

Even more important than her hair is her face, which Paris feels is her trademark. She has perfected her "look," which includes bronze skin, pink lips, and blonde hair. She prefers light lipstick and dark eye makeup for the "smoky eye" effect and tries to have her makeup done by a professional makeup artist as often as possible, as it lasts longer.

Paris likes her skin to look bronze and recommends Mystic Tan for accomplishing this. She does not like to use tanning beds for fear of skin cancer. Paris also reveals that she does not have a strict skin care routine and will even sleep in her makeup.

The one thing that Paris hates about her body is her large, size 11 feet. She feels that she cannot wear flat shoes, because they makes her feet look too long. She prefers to wear very high heels or Ugg-style boots.

Paris gives eight points on dieting, which include such ideas as eating fast food and dancing to work off calories. She also has five points on wardrobe suggestions, which include wearing low-waist jeans. If the diet and the wardrobe don't give perfect results, though, there are other strategies to try when being photographed. She says that a proper pose should include turning one's hips to the side to slenderize them.

## Chapter 3 Analysis

This chapter would be useful for someone wanting to emulate the Paris Hilton "look." She is proud of the image she has, and doesn't mind sharing some of her secrets (though not all of them) with readers. Types of clothes are mentioned, as well as preferred shoes and favorite colors. This also spills over into hints on getting good pictures taken and dieting. Her concern over image is revealed in her suggestions about avoiding blinking when a camera is nearby and also in her embarrassment over having large feet, which she goes to great lengths to hide. Paris also feels that she needs to outshine her clothes, which is a reason she often doesn't wear designer brands. Further,



she will not take anyone else's word when it comes to what looks good on her, believing that only she can know her own sense of style.

Paris must have a high metabolism. She claims to eat fast food fairly regularly and even recommends doing so as part of a good diet. She also brags that she likes to eat fast food in front of models who can't have it. One thing can't be disputed; Paris always likes to stand out.

# Chapter 4

## Chapter 4 Summary

Paris has a list of close (and famous) friends, including: Nicole Richie, Kimberly Stewart (Rod Stewart's daughter), and Carmen Electra. In fact, Paris has so many friends around the world that she had to have 21st birthday parties in five different locations: New York, L.A., Tokyo, London, and Las Vegas.

Paris provides a list of her eleven favorite places and parties, which include: The Ivy on Robertson in L.A.; Koi on La Cienega; Chi on Sunset Blvd; Mr. Chow in New York and L.A., The Palm in L.A. and New York; Le Cirque in New York; Brent Bolthouse Parties in L.A.; The Vanity Fair Oscar Party; Sundance Film Festival Parties; The Shore Club and The Delano in Miami; and Las Vegas. Paris reveals that she rarely consumes alcohol at parties. She prefers energy drinks and vitamin water, which enable her to be able to keep long hours. When she gets home, she tries to relax with chamomile tea.

Paris feels that it makes a good impression to enter a party confidently. Nevertheless, embarrassing situations can still arise. Paris tells of the time she stepped into a pond when entering a Hollywood party. It was embarrassing, but she felt that by being able to laugh at herself she diffused the situation.

## Chapter 4 Analysis

While Paris gives the impression that she is a "party girl," she claims that she rarely drinks alcohol at parties. It is interesting to note she often acts tipsy when being filmed, but this is probably part of her persona as acting "fun" all of the time. In fact, Paris admits that everyone thinks she is drinking, when she actually isn't. Even though she doesn't drink much herself, she loves to watch others make fools of their selves when over-imbibing. Staying in control seems to be a theme for her, and it is fairly important that she do this (especially with alcohol), as celebrity entertainment events are usually made public. Taking care of herself also gives Paris the stamina to keep a busy schedule, complete with long hours.

Paris also prefers to stay close to those she is most familiar with. Her best friends are people she has known since childhood: Nicky, Nicole Richie, and Kimberly Stewart. She also doesn't spend much time with socialites like herself; possibly she doesn't like the competition?



# Chapter 5

## Chapter 5 Summary

Paris travels often and recommends that if an heiress does not have her own plane, she should learn how to borrow one from a billionaire friend. When flying, Paris likes to pass the time reading magazines and scripts. She also writes in her diary frequently. She suggests packing three times more luggage than is needed when going on a trip, because people who have large amounts of luggage are considered important.

Paris admits to riding the New York subway. She refuses to take it in the summertime (because it stinks), but in the wintertime, she feels it is an invaluable way to get around New York when in a hurry.

In this chapter, Paris provides a list of thirteen of her favorite vacation destinations. These include Japan, Australia, Las Vegas, and of course, Paris. She also has a list of her least favorite places, which include: anywhere with humid weather, the Hamptons, nudist colonies, Maine, anywhere with a lot of insects, and anywhere with bad cell-phone reception.

## Chapter 5 Analysis

While Paris often tries to come across as being deserving of better treatment than everyone else (pack to look like an heiress, fly first class, etc.), she also enjoys making the point that she can mix with the masses. For example, she does use the grungy New York subway, because it is an efficient way to travel quickly around the city. She really loves the idea of being seen on the subway, because it isn't somewhere that people would expect her to be seen. Paris does not like to be stereotyped - at least not all of the time.



# Chapter 6

## Chapter 6 Summary

Paris has many projects in the works, from her acting and singing career to designing clothing and jewelry. Paris has co-starred in *The Simple Life* and *The Simple Life 2*, and has had cameos in movies like *The Cat in the Hat*, *Wonderland*, and *Raising Helen*. She has also appeared in many television shows, including, *Las Vegas*, *George Lopez* and *The O.C.* Her first big acting role was in the horror movie *House of Wax*. She would love to branch out into comedies.

In her spare time, Paris has been working on a record. Her first single is entitled, "Screwed." Paris had her mother listen to the song, and she loved it. Paris feels the title may cause some controversy, but she does not fear that.

Paris is also the front model for the Marciano clothing collection as well as the Guess? clothing line, and considers these to be incredible honors. She loves modeling, and she enjoys people fussing over her.

## Chapter 6 Analysis

Paris' notoriety has definitely gotten her cameos on many television shows and movies. In fact, the cameo phenomenon has raised the level of her fame so that many more people recognize her now. Paris usually either plays herself or mocks herself in these small roles. This does make it seem that she is sincere in her statements that she is not afraid to make fun of herself or her image.

Paris works because she wants to, not because she has to. It's not cool in her opinion to have to show up anywhere before noon, so most jobs are out of the question for her. She has found many projects she enjoys, though: film, music, TV, and modeling. She also acts somewhat humble at being chosen to be a Guess? Model.



# Chapter 7

## Chapter 7 Summary

Paris says that she was skeptical about co-starring in *The Simple Life* when first approached by the Fox Network, and her mother warned her that the show might be a ploy to make fun of her. Nevertheless, Paris decided to do it, because she realized that she would just be playing a role. She also thought it would be fun to work with her best friend, Nicole Richie. Paris admits she had a great time doing the show and learned a few life lessons as well. She had never realized how hard people must work to pay for things until she and Nicole did *The Simple Life*, in which they worked a minimum wage job every day from six a.m. to five p.m.

Following the success of *The Simple Life*, Fox offered Paris and Nicole the opportunity to make *The Simple Life 2*. They agreed, and the second season had them driving across the country on a thirty day road trip with no money. Paris had to learn to drive a pickup truck pulling an Airstream trailer, and the two girls had to get jobs to pay for their gas and food. One of the jobs the girls worked was herding bulls into a pen while riding on horseback. Paris was bucked off her horse, and the horse stepped on her. She insists that the media's reporting of her riding horseback while wearing high heels was untrue.

Some of the other jobs Paris and Nicole had while filming *The Simple Life 2* included working at a nudist colony, cleaning hotels, and working at a sausage factory. Paris claims that asking strangers for money was her worst experience in making the show.

## Chapter 7 Analysis

*The Simple Life* phenomenon was unique in the reality show scene. The concept of putting two socialites, members of the "idle rich, in real life situations to see how they would react was hugely entertaining." Paris' mother's comment that people might make fun of her was at least partially true, for a main part of the show's foundation is to film the stupid things the stars will do to get by - especially their confusion when faced with basic life tasks. Seeing the reactions of Paris and Nicole when faced with the prospect of dirty, manual labor is usually funny. It is also clear, though, that Paris and Nicole are at least partially acting in these scenarios.



# Chapter 8

## Chapter 8 Summary

Paris likes to date men who are funny, loyal, and honest. She believes that guys should compete for her and also feels that a guy should always approach her, not the other way around. She believes that a girl should act rich even if she is not, because guys want a girl with money. However, she goes on to say that any guy who is only after a girl's money, isn't worth dating. If a guy lies or cheats, Paris believes he should be dumped, no exceptions! She believes that an heiress should be the one breaking hearts and feels that it is acceptable to "torture" a boy once she has broken up with him.

In this chapter, Paris also provides a list of "The World's Hottest Guys," which include: Brad Pitt, Jude Law, Orlando Bloom, and Johnny Depp.

## Chapter 8 Analysis

Paris has some fairly basic thoughts on relationships between women and men. She likes to be chased, but not just for her money. An interesting contradiction emerges as Paris tries to come across as someone who doesn't care about what other people think, even as she explains how important other people's opinions are. Suggesting that someone act rich, but then being shocked if the "pursuing" guy is interested in money also seems to be somewhat contradicting.



# Chapter 9

## Chapter 9 Summary

In this chapter, Paris includes approximately 18 different pictures, and she describes what she feels is unacceptable or unflattering about each one. Some of the photographs and descriptions are as follows:

Paris poses with her arms up above her head. She refers to this as the "Y" pose and recommends to never do this. In addition, she points out that she is wearing sunglasses at night and black shoes with a white dress, a Paris Don't.

Paris poses for a picture at the premiere of the movie "Blow" wearing a white tank top with the caption "got blow?" across the chest. She believes that this shirt may have given people the wrong idea, even though it was only meant to be funny.

Paris includes several pictures of herself showing ample cleavage. She explains that she was wearing a push-up bra in each photo, but the press made the assumption that she had just completed breast enhancement surgery.

## Chapter 9 Analysis

Paris is a very image oriented person, and the inclusion of a whole chapter devoted to pictures and commentaries on them makes this clear. Considering how much of her persona depends on her looks, this section of the book is rather significant. It lets the reader see what Paris has been trying to describe.





# Chapter 10

## Chapter 10 Summary

Paris believes that it is okay to be an "over-the-top girlie." She has compiled a list of nine things every girl should be able to do. Some examples include: throwing a fit and throwing things, changing your mood like you change your clothes, and changing your boyfriend as often as you change your mood.

Paris is lucky in that she does not have to make up a famous family lineage. Her great-grandfather, Conrad Hilton, started a hotel empire and was famous for being married to Zsa Zsa Gabor. Paris' grandfather, Conrad (Nicky) Hilton was the first of Elizabeth Taylor's husbands.

While growing up, Paris' home life was more modest than one would imagine. Her parents were strict and she had to follow rules. Paris attributes the close relationship she now has with her parents to these guidelines, and feels that her parents are supportive in everything she does.

Tinkerbelle is Paris' two-pound teacup Chihuahua. Paris thinks Tinkerbelle acts more human than dog, as the dog eats fast food and steak and is often dressed up in designer outfits. Paris imagined what it would be like if Tinkerbelle could write in a diary and thought it would be fun to write an excerpt. Tinkerbelle's "diary" reveals that she only likes associating with poodles when at the dog park. Tinkerbelle feels that she has excellent manners and tries to not pee on the rug. She never goes anywhere without her Swarovski crystal leash, but does not really use it for anything other than accessorizing. Tinkerbelle does not particularly like the fact that Paris is thinking about getting a male Chihuahua.

## Chapter 10 Analysis

Paris' "things every girl should be able to do" list gives the definite impression that she always expects to get her own way. Changing your boyfriend as often as you change your mood shows a pretty good amount of superficiality. Paris does not think of herself as being tied down to anyone or anything. Although she may settle down at a much older age, she is very free now, and makes no qualms about it.



# Chapter 11

## Chapter 11 Summary

Paris does like her personal time to relax. She loves to cook (especially pasta for friends) and also loves not having to clean up after herself. She likes to visit Palm Springs to relax and visit with family. Other relaxation techniques for Paris include baths with different types of bath products and listening to music. One of her favorite types of relaxation music is classical. As far as music idols go, though, she prefers Madonna, as well as Blondie. Paris also enjoys reading books and magazines.

## Chapter 11 Analysis

Reading classics like "The Great Gatsby" and listening to classical music are not activities most people would necessarily associate with Paris Hilton. This surprising revelation does add a layer of complexity to Paris' seemingly simple personality. It also makes one wonder whether her "ditsy" TV personality is real or contrived.



# Chapter 12

## Chapter 12 Summary

Paris feels that she has become more serious as she has gotten older. She plans to continue to act and write music and hopes to follow her first album with a second one. She is working on an "Heiress" line of jewelry as well as a clothing line. Someday, Paris would like to have children and be the type of mom her own mother was.

Paris talks of turning 23 years old and says that she has a deeper appreciation for her family now. She appreciates all of the support they have given her and draws strength from them. She admits to living a privileged life and feels very worldly for her age. She likes attention but says that she wants to be noticed for her accomplishments too.

## Chapter 12 Analysis

Paris likes what she has but wants more out of life. She has had time to reflect on her past activities and plan for the future. It is important to note that at the time this book was written, Paris was only 23 years old. At this relatively young age, she had experienced more than most people experience in a lifetime, but had yet to truly "grow up."



# Characters

## Nicky Hilton

Nicky is Paris Hilton's younger sister. She married money manager Todd Meister in August 2004, but the marriage was annulled the following November. Nicky was originally offered a starring role with her sister in *The Simple Life*.

## Nicole Richie

Nicole Camille Escovedo is the adopted daughter of singer Lionel Richie and is Paris Hilton's best friend. She starred with Paris in the hit television show *The Simple Life*.

## Tinkerbell

Tinkerbell is Paris' teacup Chihuahua.

## Conrad Hilton

Conrad was the great-grandfather of Paris Hilton. He founded the Hilton Hotel Empire in 1919. He was briefly married to Zsa Zsa Gabor, from 1942-1947. Conrad Hilton also married Mary Frances in 1976. When he died in 1979, he left the bulk of his estate to the Catholic Church.

## Barron Hilton

Barron was the grandfather of Paris Hilton. He was the first of Elizabeth Taylor's many husbands. Upon Conrad's death in 1979, the majority of the Hilton estate was left to charity. Barron contested the will and won his case in 1988.

## Rick Hilton

Paris' father, Rick is a real estate tycoon and grandson of Conrad Hilton.

## Kathy Richards Hilton

Pariss' mother, she is a former child actor who had a regular role on "Family Affair."

# Objects/Places

## Waldorf-Astoria

in Manhattan, it features three restaurants, a beauty parlor, and several boutiques.

## Bel Air

Bel Air is a suburb of Beverly Hills and is home to many famous entertainers and politicians.

## The Simple Life

. The first season of the show took two wealthy socialites (Paris Hilton and Nicole Richie) and had them move in with a family in a rural farming community and help work the farm for one month. The show was such a success that a second season, entitled *The Simple Life 2: Road Trip*, showed the two young socialites driving across country pulling an airstream trailer and working various mundane jobs to raise cash for their food and gas. A third season, *The Simple Life: Interns* has Paris and Nicole working various internships. A fourth season is planned.

## Golden Globes

The Golden Globes is an annual awards dinner acknowledging motion pictures and television programs.

## Academy Awards

The Academy Awards, also referred to as The Oscars, are considered the most prestigious awards given to motion pictures. The ceremony and many of the after-event parties are reported on worldwide.

## Hollywood

Hollywood is a suburb of Los Angeles. The term "Hollywood" also refers to the motion picture industry, as many movie studios once resided in Hollywood.



## Ugg-style Boots

Made in Ugg, Australia, these are genuine sheepskin boots that make the wearer appear taller than he or she actually is.

## Sundance Film Festival

The Sundance Film Festival is a festival that showcases independent and small budget films. It is ranked among the top five events of its type in the world and is held annually in Utah.

## House of Wax

, and provided Paris Hilton with her first major motion picture role.

## Marciano Collection

A high-end clothing collection that features cocktail dresses, leather handbags, and footwear meant to encourage the socialite lifestyle.

## Guess? Line

Guess is a clothing collection that includes denim jeans, dresses, shirts, and jackets.

## Blow

A 2001 movie starring Johnny Depp, *Blow* dramatized the true story of George Jung, who went from being a working class man to a billionaire cocaine dealer during the seventies.



# Themes

## Work Ethic and Extravagance

Paris Hilton is intriguing to the public in that she is a symbol of the "idle rich." She has never had to experience the real world of "work," with its accompanying worries about money, time, and paying bills. The experience of always getting what you want and never having to wait for anything is foreign to most people.

It is possible (although rare) for a person to be raised in a bubble that is almost completely separate from the workings of the "real" world. Paris' extravagant lifestyle takes place in a world where thousand dollar shopping sprees and flying around the world on Lear Jets are commonplace. We see a good example of this in Chapter 4, where Paris writes that she had to have five 21st birthday parties (all over the globe) just to accommodate all of her friends.

The Fox network tapped into this gap between Paris' reality and the reality of most other people, realizing that seeing Paris react to real life situations with confusion and shock would be highly entertaining. Having Paris Hilton work on a farm (*Simple Life 1*) was bizarre in that she really had no idea how hard working people earned a living; seeing her incredulity was a major part of the show's appeal. In Chapter 7, Paris speaks of working at a minimum wage job and coming to the realization that she would have to work several days just to pay for one meal at one of her favorite, high class restaurants.

Paris' fortune and lifestyle actually came courtesy of her grandfather, Barron Hilton, the second son of Hilton Hotel founder Conrad Hilton. Conrad left a majority of his fortune to charity when he died in 1979, but Barron took the matter to court to contest the will. He won his lawsuit in 1988, reaping an immediate financial windfall of over 300 billion dollars. This directly benefited his heirs, notably Rick (his son) and Paris (his granddaughter). One of Paris' "rules" on being an heiress concerned being born in the right family. Paris really did have good luck when it came to fulfilling that requirement.

## Superficiality and Contradictions

Paris has the unusual talent of coming across as someone who doesn't care what other people think while at the same time constantly explaining how important it is to consider what other people think. She tries to walk the fine line between being independent while also trying to conform to what she believes her fans want her to be. Contradictions abound in this book, with statements of independence often being followed immediately by admissions of insecurity.

In Chapter 1, Paris frequently makes the point that it is important to be independent and not care what people think. In the same chapter, though, she also says that it is important to never wear the same dress twice, lest people think you have only one outfit. In Chapter 5, Paris makes the claim that people with large amounts of luggage



are perceived as important and therefore suggests that readers always pack three times more than necessary. Her statements that she doesn't care what others think often seem to be contradicted by a fixation on being seen as perfect.

Several other contradictions are also prominent throughout the book. In Chapter 8, Paris makes the statement that girls should act rich even if they aren't, because guys like girls with money. However, Paris goes on to say that if a guy only wants a girl's money, he's no good. Presenting a fake front of having money, when the goal is to find somebody who is interested in more than money doesn't seem very sensible. It seems not to have occurred to Paris that it might be easier just to be herself right from the start. Also, Paris says that guys who lie should be dumped but doesn't seem to view pretending to be rich as a form of lying.

## "Tongue in Cheek" and Sarcasm

Many points raised in this book (particularly the lists in Chapter 1) should be taken as "tongue in cheek." Paris is trying to explain who she is and how to be more like her, while at the same time being funny and ridiculous. Her suggestion that women who wish to be heiresses be born into the right family (Chapter 1) is a great example of this, as are her instructions to have a great name and flawless skin. Most people have no control over these factors in their lives.

Other points that can't be taken too seriously are the "to do" lists full of items that would obviously require much more money than most people have access to. Her Chapter 1 list, for example, suggests never getting up before ten a.m., never wearing the same outfit twice, and obtaining a big bodyguard. Similarly, in Chapter 5, Paris suggests that readers who don't own a plane to travel in just borrow one from a billionaire friend. While these tips sound interesting, they aren't practical for most people.

## Celebrity, Publicity, and the Paparazzi

The Paparazzi were named after an annoying photographer named Paparazzo, who was a character in a 1960's Italian film. The term became better known as the entertainment news industry grew steadily during the 1980's and 1990's. The amount of money magazines would pay for exciting or embarrassing celebrity photographs spawned a group of photographers who would do almost anything, legal or otherwise, to get a good shot.

Paris Hilton has had many encounters with the Paparazzi over the years, most notably in Australia, where she was hounded to the point of infuriation by a photographer trying to get a shot while she was filming *House of Wax*. In Chapter 9, she also complained that the press once accused her of having had breast enhancement surgery when in reality, she had only worn a push-up bra.

There have been many instances of Paparazzi crossing the line by performing actions that endangered the lives of their targets, the most notable being the death of Princess





Diana. In that instance, actions by Paparazzi chasers supposedly led to the car crash that killed her. Many other celebrities have had more minor problems with Paparazzi, and photographers seeking information and gossip have also stalked relatives of famous personalities. On the other hand, though, celebrities also use this type of publicity to their advantage. A sex tape with Paris and Rick Salomon became public in November of 2003. Instead of damaging Paris' career, the timing of the release put her in the public spotlight at just the right time for the debut of her TV show *The Simple Life*. Some in the media opined that this was not a coincidence, but that it was planned ahead of time for maximum publicity.

# Style

## Point of View

*Confessions of an Heiress* is told in the first person. The point of view is literally "the world according to Paris." It is basically an interview with Paris Hilton about her views on celebrity life, beauty, and wealth. Paris elaborates on how to have a lifestyle like hers and talks about how she got to where she is today. Many of Paris' statements must be taken as "tongue in cheek," as the book is meant to be humorous at times. For example, part of the book is written as her dog's view of the world.

## Setting

The setting of the story follows Paris' life from childhood to present. Her upbringing was in the Waldorf Astoria hotel in New York, but most of her celebrity time since has been spent in California. She also travels extensively all over the world.

## Language and Meaning

Paris uses very simple and blunt language to delve shallowly into the world of entertainment, celebrities, and money. This book was not rated very highly by critics, mainly due to its simple writing style. In fact, protesters who demeaned her literary efforts interrupted one of Paris' West Hollywood book-signings. Many portions of the book consist solely of lists of things Paris either recommends or opposes.

## Structure

*How to be an Heiress* is divided into twelve chapters. Chapter 1 consists of lists and pointers on how to be an heiress. Chapter 2 describes Paris' relationship with her sister Nicky. Chapter 3 explores the world of fashion. Paris' friends and her favorite travel destinations are detailed in Chapters 4 and 5. Chapter 6 delves into Paris' work life in general, while Chapter 7 specifically examines *The Simple Life*. Chapter 8 is where Paris gives out her tips on guys. Chapter 9 is mainly photos with captions describing the pros and cons of each. Paris talks about her infamous family in Chapter 10, while Chapter 11 is about her private life. The book concludes with Paris' reflections and future plans in Chapter 12.



## Quotes

"Never have only one cell phone when you can have many. Lose one all the time. That way, if you haven't called someone back, you can blame it on the lost phone. It's very important to get a new model the minute it comes out. Nokias, Ericksons, Motorolas - those are the coolest. Always have at least two numbers: a friend line and a business line." Chapter 1, pg. 11

"Heiresses always have good hair in public. They always have their hair done, no matter how long it takes. Models can turn up with scrunchies in unwashed hair, but heiresses can't. I may run around in sweatpants, but my hair always looks awesome, even if it's in pigtails. Because an heiress is always on." Chapter 3, pg. 44

"Show off your navel and belly. I do. Everyone thinks guys are all about boobs and legs. I think they're really into stomachs." Chapter 3, pg. 52

"Yes, I admit I've taken the subway in New York - and it smells. It literally smells like pee. Why can't they do anything about that? Does anyone ever clean down there? And in the summer, you see rats down there, too. Gross. I can deal with ferrets, but rats and sewers, no way. The good thing is, the subway's really fast, which, for a girl on the go, can never be undervalued. I never take the subway in the summertime. But in the winter, I'll do it because it can be the fastest way to get around New York. If I'm not in a rush, I'll usually take a taxi or have a driver in New York. Then again, that's what people expect from me. It really freaks them out if they see me on the subway - and I love that." Chapter 5, pg. 93

"On the first installment of 'The Simple Life', Nicole and I did work everyday from six a.m. to five p.m. for minimum wage. I said I never realized people work hard, but I didn't mean it that way. I know movie producers work hard, and my managers and agents work hard. I guess I didn't realize what hard work meant. Like, dinner at the Ivy in Beverly Hills costs two hundred dollars. Well, I made forty-two dollars a day working, so I'd have to work four or five days just to eat dinner at the Ivy one night! Now that I've worked for that kind of low pay, I understand more what people really go through." Chapter 7, pgs. 112-3

"The worst part of the second season was begging for money. I admit, I made Nicole do most of the dirty work. Nicole doesn't care - she'll do anything. She's wild and fun. I would just stand there and look cute and smile. I know what I'm good at." Chapter 7, pg.125

"Here's something only an heiress would do: Once you break up with a guy, it's a good idea to torture him - if you're bored. Men have treated women badly throughout the ages; they never seem to take them seriously. So why shouldn't we have a little fun at their expense? If you're really feeling your inner heiress, you will never let a guy get the best of you. And, God forbid, if you do, never show it. If you torture them, they'll have a



much worse time getting over you. And that's what you want. An heiress has to be memorable." Chapter 8, pg. 141

"I packed for L.A. and didn't realize I was going to Sundance. I look like Army Barbie in that Pucci dress - and the shoes are just awful. But I thought this looked cute at the time." Chapter 9, pg. 146

"I got Tinkerbelle one Halloween, and we're pretty inseparable. She's a tiny, two-pound teacup Chihuahua, one of the smallest of her breed in the world, and a "deerhead" as opposed to an "applehead." I'm not totally sure what that means, but I think it means that she looks more like a deer than an alien. I got her online, from a breeder at TexasTeacups.com. She arrived on a plane, which was very fitting for an heiress's dog. She's a little princess, so cute and sweet. A little lady. I call her Tink for short. Of course, some people think this is impossibly girly. For me, it's just normal. If I had to have a larger dog, I would be completely grossed out. Plus, Tink is entirely portable." Chapter 10, pg. 166



## Topics for Discussion

Paris gives the appearance of being a 'partying blonde' who thinks only about guys, shopping, and her celebrity status. Is there a different side to Paris, or is this who she really is? Elaborate and use examples in the book to explain your answer.

Why wouldn't Paris like humid climates?

Explain Paris' relationship with her family.

Cite some examples in the book where Paris does not worry about making fun of herself.

Trace Paris' roots back to her great-grandfather Conrad with a short family tree.

Give some examples of fashion statements that Paris would never make. Describe in terms of clothing, hairstyle, etc...

Describe the relationship between celebrities and the Paparazzi. Does Paris benefit from the existence of the Paparazzi?

Is Paris Hilton strong and independent, or is she insecure? Use some examples from the book to make your case.