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# Zayn



## Synopsis

The first and only official book from ZAYN. Global superstar ZAYN shares a photographic journey of his life since leaving One Direction. "This book is my diary of a period that I would like to share with you all. I hope that there are things in the book that contextualise some of the moments and memories we have all shared together. There are things I address in the book that are very personal to me, things that I have never told anyone, things I still find hard to talk about. It's a part of a journey I'm still on." —ZAYN

The Instant New York Times Bestseller!

Â ZAYN opens up with this collection of thoughts, inspiration, and never-before-seen personal photographs. After five years of massive success with One Direction, ZAYN launched his career as a solo artist with *Mind of Mine*, becoming one of the most successful artists in the world. Now, for the first time ever, ZAYN is going to tell and show all in this intimate and raw scrapbook of his life. Never-before-released photos give readers insight to ZAYN, no-holds-barred. Gorgeously designed with hundreds of full-color photographs and ZAYN's notes, drawings, song lyrics, and personal stories, the book captures ZAYN's most private moments and his candid feelings on fame, success, music, and life. The next chapter of ZAYN's evolution into global superstar, told by the artist who is living it.

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Reviews for *Mind of Mine*:

“A singer eager to reclaim the parts of himself that five years in the pop klieg lights forced into the shadows.” —*The New York Times*

“Sonically, you won't find many pop albums in 2016 more immaculately conceived than this.” —*SPIN*

“Sublime.” —*USA Today*

“Malik can sing . . . he's done this before, but not like this.” —*Rolling Stone*

“A moody, deeply textured R&B album.” —*Los Angeles Times*

“Zayn has clearly achieved his aim of making an album of sexy, credible pop-R&B.” —*NME*

## Book Information

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## Customer Reviews

ZAYN is an internationally celebrated music artist whose debut solo release, *Mind of Mine*, made him the first British male artist to debut at number one in both the UK and US with both his debut single and debut album. He lives in Los Angeles and London. [inzayn.com](http://inzayn.com) @zaynmalik on Twitter @zayn on Instagram <https://www.facebook.com/zayn/> on facebook

Self-titled and self-produced, Zayn awards us with a view of his life pre, during, and post 1D. But the book isn't really about 1D at all. It's a sprawling and eclectic work of song notes, photographs of Malik, and a few pieces of his own personal art. It provides us, through the sentimental stories and heartwarming positivity that Malik weaves in every page, with a rare inside look at the person - not the popstar. It's romantic at times, simply in the personal and casual nature with which the book presents itself. You can imagine Malik spilling his life's story to you at a barbecue, and the words seem pulling directly from his own thoughts. There's no ghostwriting here, and it's refreshing to see a celebrity's "personal account of their life" actually be their OWN personal account, and not an interviewer trying to hammer in the person's syntax in every sentence. These are Zayn's words, emphatic and innocent and so very relatable. There's not much sugar-coating, either. It's honest and real, two things that Malik has professed to always striving for, and I must say he definitely succeeds. He details his struggles with an eating disorder, as well as crippling anxiety and self-doubt. It's equal parts heart wrenching and hopeful. He vows to perform, vows to make his fans and his family proud, and you find yourself rooting for him to do just that. Though Malik pulls no punches, describing his feelings about lack of control in his life that led to his eating disorder, there's a wistfulness to his words. Never cynical or even histrionic, but occasionally weathered after the vast amount of life he's lived already, the book also serves as a true reminder that Malik is only twenty-two years old. He is just barely an adult in the eyes of the world, but has already experienced enough to fill a book. He's charming in his photographs, and his talent shines through in song notes, bits of unused lyrics, and his own personal art creations he displays. All-in-all, it was a great read. I finished in just about two and a half hours - and that was with stopping to appreciate Malik's beauty in every

photograph. It's a quick read-through, meant to be browsed and perused and appreciated for years to come. If you want to know about the real Zayn Malik, there's no better way than with his own words, and this is it.

I bought the book a few hours and finished it a few seconds before starting this review. As I went through each page, I was caught up into every word printed. Even as my Kindle Fire HD keeps messing up, I keep coming back to finish this review. Every penny spent was well worth it. I don't typically read non fiction or memoirs because I'm a suspense loving reader, but lately, nothing's kept my interest to get past a few chapters. I decided today that I would read something new and hopefully, be engaged. Engaged, I was. Zayn puts his heart into every word. There are many subjects that the media said were in the book that isn't and for that, actually, I'm thankful. He never speaks badly about anyone in his book. He's positive and kind about life, music, and the people in his life. I found myself feeling for him, understanding the person and wanting to know more. What I enjoyed most was probably him describing the music process with each producer and in turn, the producers thoughts on him. Beautifully written and powerfully told, I recommend this book to even a person who knows nothing about him.

From the bio and all the hype about the book, I expected this to be almost like an inside look into Zayn's journal through out the past few years, or him giving his 100% unfiltered thoughts on the situations he has faced, and that's not what this is at all. It's mostly pictures of Zayn with little blurbs of "I'm finally in control" and a little background of a few select songs. It's a decent book for what it is but it's not at all what was expected.

Zayn by Zayn is a beautiful book filled with stunning pictures and an engaging narrative. As a fan of Zayn, I was automatically interested in everything he had to say, especially about his music making process. However, I think even non-fans will enjoy his take on things. He subverts a lot of rumors and myths the media has perpetuated about him and defines himself on his own terms. In addition to talking about his time in One Direction, he also talks about growing up, coming into his own, and dealing with serious issues like anxiety. It's not a fluff piece ghost written by some random person. Zayn writes how he speaks and he writes from the heart. All of that makes this book a worthwhile purchase and a good way to spend a few hours one afternoon.

You really have to read his story to understand where's he's at in life & from where he's coming

from. It's a great read and I truly respect that he chooses to be a performer even though he's an anxious & shy person. Props to him because that is a nerve racking thing to sing in front of thousands.

What an inspiring book. I always knew he had an amazing voice, and I love his music, but he has an amazing mind as well. I admire his bravery in this, as he really took down the walls and made himself to vulnerable for his fans and for the world. What a great man, and great performer. Love, love, loved it! Such an eloquent writer too!

Daughter loves Zayn and was so excited to get this. She is very happy with it.

The pictures were wonderful and he's included a backstory for each of his songs on the album, as well as an explanation on what had occurred in the wake of his leaving the band. There are examples of lyrics in his own hand, drawings, and graffiti. It is quite a hefty book, with 288 pages, but it is a good read.

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