



Yesterday, Today, Tomorrow: My Life

Sophia Loren

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In her first memoir, the Academy Award–winning actress Sophia Loren tells her incredible life story from the struggles of her childhood in war-torn Naples to her life as a screen legend, icon of elegance, and devoted mother.

In her acting career spanning more than six decades, Sophia Loren became known for her striking beauty and dramatic roles with famed costars Cary Grant, Frank Sinatra, Marlon Brando, Gregory Peck, Jack Lemmon, and Paul Newman. The luminous Italian movie star was the first artist to win an Oscar for a foreign language performance, after which she continued a vibrant and varied career that took her from Hollywood to Paris to Italy—and back to Hollywood. In *Yesterday, Today, and Tomorrow*, Loren shares vivid memories of work, love, and family with winning candor.

Born in 1934 and growing up in World War II Italy, Loren’s life of glamour and success was preceded by years of poverty and hardship, when she lived in her grandparents’ house with her single mother and sister, and endured near starvation. She shares how she blossomed from a toothpick-thin girl into a beautiful woman seemingly overnight, getting her start by winning a beauty pageant; and how her first Hollywood film, *The Pride and the Passion*, ignited a high-profile romance with Cary Grant, who would vie with her mentor, friend, frequent producer, and lover Carlo Ponti to become her husband. Loren also reveals her long-held desire to become a mother, the disappointments she suffered, the ultimate joy of having two sons, and her happiness as a mother and grandmother.

From trying times to triumphant ones, this scintillating autobiography paints a multi-dimensional portrait of the woman behind the celebrity, beginning each chapter with a letter, photograph, or object that prompts her memories. In Loren’s own words, this is a collection of “unpublished memories, curious anecdotes, tiny secrets told, all of which spring from a box found by chance, a precious treasure trove filled with emotions, experiences, adventures.” Her wise and candid voice speaks from the pages with riveting detail and sharp humor. *Yesterday, Today, and Tomorrow* is as elegant, entrancing, and memorable as Sophia Loren herself.

Yesterday, Today, Tomorrow: My Life Details

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From Reader Review Yesterday, Today, Tomorrow: My Life for online ebook

La Mala 🍷 says

Mi actriz favorita escribió su autobiografía!

La amo, la amo, la amo!

Mom says

I thoroughly enjoyed reading this book! Heartfelt and straightforward Sophia takes us on a sentimental journey into her life. She is a strong and courageous woman who has survived many tragedies and hardships where most of us would not recover. Reading this book makes me want to watch some of her movies. I would recommend this book to anyone who is a fan of Sophia Loren's as you will appreciate the journey. Anyone else, I caution you to be forgiving of what you may feel is lacking in the writing style. Biographies and memoirs don't need to have spectacular writing, that's what literature is for. Biographies celebrate a person's life and here this book is successful.

Erin says

3.5 Stars

Sometimes you have to be in a certain mood to read a certain book.

I started this book last September but I couldn't get into it. Which was weird because Sophia Loren is such a captivating woman and has led a riveting life. I expected this book to be a fast read but I kept finding myself putting this book aside and picking up other books.

I just wasn't in the mood for this book.

Cut to a couple days ago, I decided to finally finish this book. I told myself that I would force myself to finish this book i obviously should have marked DNF. To my surprise and great delight, I started to read this and became completely engrossed. I began reading this and by time I emerged I discovered I had read almost 100 pages. Ms. Loren had waited patiently for me to be ready to hear her story.

Yesterday, Today, Tomorrow: My Life is more memoir than autobiography. Ms. Loren mixes stories, half remembered memories and journal entries. As with actual memories this book has no flowing timeline. One minute she's telling us about her childhood and then on the very next page she's telling a story of time spent with Fellini. I would have preferred a more coherent timeline but who am I to tell Film Royalty how to tell her story.

My recommendation for this book would be only for Sophia Loren fans or classic film lovers.

Mary Karpel-Jergic says

A lovely book from a beautiful person. I love her. Sophia Loren; world famous Italian cinema icon. It really is a Cinderella story from rags to riches but there is no doubt that she worked very hard for the transformation in her life. She was determined and resilient and these traits have remained with her. What I am left with is a sense of how important her family is to her and the love that she and Carlo Ponti shared.

This is a discreet autobiography and all the better for it. Her grace and style inhabit all the pages in her book and apart from the description of a truculent Marlon Brando in one of her films there is only kindness and appreciation for everyone who has helped and supported her throughout her life. "What we do or don't do for others can be far more important than we might imagine". I have to admit to being a bit swamped by all the Italian names at the beginning of the film but this may either be an age thing or lack of knowledge about Italian cinema. I knew of the better known directors and actors (those that made it to Hollywood) but there were lots that I couldn't recognise (or pronounce).

She loves cooking and already I am eager to try out her recipes. Her Italian slant on food and life is apparent; "Food makes people happy, it takes you back home, it says so many things that words can't say."

Her childhood was an uphill struggle "There are some things that, however hard you try, you just can't forget". "As I always say, my layette was a suitcase stuffed with wisdom and poverty". She surprisingly was shy; "I lived my life as best I could, hidden behind a thin yet sturdy veil of shyness". Because she was very dark and skinny her nickname was 'toothpick'.

What I find remarkably lovely is her approach to ageing. "Aging can even be fun if you know how to spend your days, if you're satisfied with what you've achieved, and you're still curious about the world around you". "The real fountain of youth is hidden in the imagination you draw upon to face everyday challenges. It is the passion for what you do and in the intelligence with which you exploit your own capacities and accept your own limits".

Materially, she is clearly a very wealthy woman but I feel that her feet are firmly on the ground and that she holds deep values. When all her jewellery was stolen she remembers the advice that she was given at the time; "Sofi, listen to me. Never shed tears for something that cannot shed tears for you".

One surprising fact to me was her time spent in prison and how she handled that experience. She cites Harry Truman "Fame is a vapour, popularity is an accident, riches take wings, those who cheer today may curse tomorrow and only one thing endures - character". Sophia Loren's character shines throughout this book.

Sophia Loren knows herself very well and cites George Cukor: "there is no beauty that can compete with the knowledge and acceptance of who we really are". "You never stop learning. Everything depends on self-knowledge and self-love". A lovely mum and grandmother she recognises the need for personal independence. Probably deeply rooted in her own experiences. "Mothers will always be mothers, but they have to allow their children to choose a path for themselves".

Sophia has experienced loss and bereavement and her mother's death was painful. "Death, especially the death of a mother, disrupts the chronology of one's existence. It interrupts the timing of the plot and leaves you suspended in an empty space made of darkness and silence" Later she lost her beloved Carlo, the man

who was her rock. "Death is as ugly as it is normal. There's something profoundly unnatural about having to let go of someone you love so much. You turn this way and that trying to find support, knowing full well that there isn't any. And you feel completely alone, abandoned even by words".

Sophia Loren is a legend in her own lifetime. Her book sweeps across history and geographical locations and is breathtakingly sweet. Her philosophy for life has been carved out of her wide ranging experiences and the character that she became. A beautiful woman. La Loren.

"The past lives in the present, and it constitutes our future more than we might believe"

GoldGato says

Comings and goings are always very special moments. They set the merry-go-round of recollections in motion, opening doors to yesterday, today, and tomorrow.

That's a nice way to start a memoir. It's a warm entry to the reader to learn about someone else, even if the reader really doesn't know much about that person. Such a reader I be. Even though I would qualify myself as a cinema buff, the only Sophia Loren movies I have seen (all in big screen revival houses) are *El Cid*, *The Pride And The Passion*, and *Houseboat*.

Food Makes people happy, it takes you back home, it says so many things that words can't say.

Food and the joy of eating act as the central motif of this bio, with Loren using the sounds ("pippiare") and scents of good cooking to explain her memories to the rest of us. Her darkest days were in WWII Italy, where food and trust were scarce, but the simple things in life made her happy. From there, it's a journey toward the stars, as in the silver screen. Nothing strenuous, no holding-a-grudge nastiness, just a basic review of life. I believe this is her second autobiography, so her children get a big focus toward the end of the book.

...at the end of the day, real success is often hidden in the domestic secret of simplicity.

Yes, it is.

I liked the book. No heavy lifting to be sure but still a decent overview. If you are looking for controversy, there is none to be found. She agonizes for a few pages over her affair with Cary Grant, but then moves on, and when she is a passenger in a car that kills a person riding a Vespa, there is less than one paragraph about the incident. Instead, food resonates. As someone who was also born in Napoli, I understood her life outlook. When Mount Vesuvius looms over you each day, you have a sense of determination to enjoy the sunny days.

Note: I have never read any of her recipe books, but ended up cooking a batch of meat sauce with garlic and onions, something I have not done in quite a while. This book will make you hungry.

Book Season = Summer (urnata 'e sole)

Book Riot Community says

It's hard to go wrong with an iconic movie star whose career has spanned so many generations and whose life has involved so many influential players. You've gotta love a celebrity who actually waits until they've had a full life to write about it. This one is great for old Hollywood fans, Sophia Loren fans, and makes a fun gift or guest room book for out of town guests to have something to read while at your house.

Verdict: Buy

(from Buy, Borrow, Bypass: Hollywood Memoirs Edition: <http://bookriot.com/2014/12/15/buy-bo...>)

Scott Golden says

Interesting, fascinating in parts, but . . . as another reviewer has noted, of all the personal relationships in Sophia's life, the one that she (in a sense) gives the shortest shrift to is the 50+ year relationship with her husband, Carlo Ponti. Or does she? She herself notes that he was a father figure (an older man replacing her own deadbeat dad in her life) and a mentor (her de facto manager -- Svengali, even -- during the rise of her career), and this appears to have created a distancing of emotions when it comes to writing about their love. There's a lot of talk about how he helped her to learn her craft and become a success, and very little about the two of them as a couple, away from the set. Her lack of specificity may, in its own way, speak volumes. That said, there are still a wealth of pleasures, and some enjoyable insight, in regards to how the people and events (both joyous and tragic) in Sophia's life helped her to grow and develop, and -- to enjoy her life. One more quibble: The chapter about her Seventeen Day stint in a women's prison, while no doubt traumatic -- especially given her proclaimed innocence on the charges against her -- borders on, and perhaps crosses the line into maudlin self-pity. Still, RECOMMENDED.

Antje says

Signora Loren erzählt in ihrer eigenwilligen Weise die Geschichte ihres Lebens. Sie bleibt dabei stets höflich, wäscht keine Schmutzwäsche und stellt uns die Menschen vor, die ihren Lebensweg am meisten prägten und ihr Herz erobert haben. Sie beschenkt uns dabei mit zahlreichen Fotografien und Erinnerungen an diversen Schauspielkollegen, die mich vor allem interessierten: Marcello Mastroianni, Vittorio De Sica, Richard Burton, schließlich sogar (zu meiner Überraschung) Paul Newman und leider nur ganz kurz Omar Sharif.

Dennoch sprang kein Funke auf mich über; das allseits bekannte Gefühl, beim Lesen einer Biographie dem Menschen dahinter nahe zu kommen, blieb aus. Die Loren bleibt wie eine Heilige auf einem Podest sitzen, weit weg, geschützt von einer unsichtbaren Mauer. Sie ist und bleibt ungreifbar. Zudem verstand sie es leider nicht, ihrer Erzählung Leben und ein bisschen Humor einzuhauchen und das, obwohl sie so oft lachend zu sehen ist. Sie wirkte manchmal geradezu heruntergeleiert, gelangweilt, froh, die Bürde des Geschichtenerzählens bald los zu sein. Sie muss Mastroiannis "Ja, ich erinnere mich" gelesen haben, zitiert sie es hier ein oder zwei Mal, aber inspirieren lassen, konnte sie sich leider von seiner Erzählweise nicht, die so herzerfrischend, charmant, menschlich, lebendig und gleichzeitig melancholisch war. -

Marisa Gonzalez says

I use to like Sophia Loren but I think less of her after reading this book. Save yourself the time by googling CNN Sophia Loren fast facts instead of reading this one. You will get the same information but without her saying how wonderful everyone is and all the clichéd "life is wonderful" sayings. There is no insight to her as a person. You just get the "Hollywood" version of the perfect person that she portrays herself to be. I also found it interesting how she never goes into detail about when her relationship with Carlo Ponti actually started. And her answer to the infamous Jayne Mansfield pic...what a joke...If you are going to write a memoir tell your real feelings or don't bother writing one.

Lori says

this is a pretty good memoir. Sophia Loren shares snippets or memories from her life. She calls them "treasure troves". I actually read a book from the late 1970s that she cooperated on. I am glad she decided to fill us in with some more memories. She does start from the beginning of her life. Her mother had her "out of wedlock" which in 1934 could be a very difficult time. { her mother did get the father who had no interest in being a dad to Sophia his last name } She shares memories of her mother sister Maria and her trying to survive World War 2. Being in Italy she witnessed a lot of the horrors of war. Eventually as a teen she won a beauty contest thus slowly starting her career as an actress.

Ms. Loren gives an honest memoir of her life. the good and the bad. she shares her movie experiences including winning an Oscar for the Italian movie "Two Women"

This is a good memoir. If you are a fan of Sophia Loren or like to read memoirs this one is a decent one to try out.

jeand99 says

She is sweet and seems a good and goodhearted human being. I finished Sophia Loren's autobiography 'Ieri, Oggi, Domani' (2014) Saturday. In a Dutch translation. Nice read. Everyone she met in her life is sweet, dedicated, genial and very, very ... - whatever. There is not one single person she hates in her book.

Best Quote. #BalanceIsTheSecret

"Degenen die me in de loop van de jaren hebben gevraagd wat mijn geheim was, heb ik altijd en zinnig antwoord proberen te geven: je moet een goed evenwicht vinden tussen rust en in beweging zijn, tussen actief zijn en slaap, tussen culinaire genoegens en een gezond en uitgebalanceerd dieet. Maar het ware jeugdigheidselixier schuilt in de creativiteit waarmee een mens de uitdagingen van elke dag tegemoet treedt, in de passie voor wat je doet en wat je bent, in de wijsheid waarmee je je eigen capaciteiten aanwendt en je eigen beperkingen accepteert." (page 269)

Anthony McGill says

RICH MEMOIR BY SOPHIA.

Don't dismiss this autobiography by Sophia, thinking it is just another self indulgent exercise by a screen legend. This is a fine memoir and a wonderfully entertaining book, especially concerning post-war Italian cinema.

Ms Loren captures all the necessary elements of her amazing life and career as an actor. Love of family is at the foremost as she benefitted enormously from the strong family of women in her life, growing up during the tumultuous times of war torn and poverty stricken Naples.

Her early career, appearing in beauty pageants, as "queen" of magazine photo-romances, as a Cinecittà extra before being "discovered" by producer Carlo Ponti and hitting the big-time in a series of Italian classics by maestro Vittorio de Sica ("Gold of Naples", Oscar winning performance in "Two Women" and with Marcello Mastroianni in "Boccaccio 70" and "Yesterday, Today and Tomorrow") and a list of international hits including "Boy on a Dolphin", "Houseboat", "El Cid" and "Arabesque" are all nicely etched in this highly readable reminiscence.

Nothing too scandalous or controversial and certainly no mean spirited tales of her many collaborators during a long and momentous career. She does cover extensively her and Ponti's battles with the Italian legal system re their marriage and tax evasion, including her brief stint in prison.

Lots to treasure here including wonderful stories of the golden age of Italian cinema with charming vignettes of de Sica, Marcello, Fellini, Toto, Scola and Wertmüller. And of course the international set including Chaplin, Brando, Sinatra, Grant, Peck and Altman to mention a few.

And packed full of awesome family memories, making Carlo, Mamma, Maria and sons Carlo Jr. and Edoardo feel very much part of our own extended families.

A gracious Sophia. A marvellous career and a rich rewarding life; still beautiful in every degree!

Farzana Friars says

This book is written for readers of her generation; and for those interested more in her work.

I had imagined Sophia Loren to be a typical passionate Italian but this book was void of any passion in my opinion. For example, she claims Carlo was the love of her life, yet she fails to share anything deep about the man.

In fact, the only part of the book I enjoyed reading was about her struggling young mom.

I shouldn't have read this book; would have had a better image of her in my mind...

Paul Pessolano says

"Yesterday, Today, Tomorrow" by Sophia Loren, published by Atria Books.

Category – Memoir Publication Date – December 02, 2014

Sophia Loren is one of the most recognizable film stars both in the United States and the World. She came from a very poor family in a small town in Naples. It was not uncommon to have little or nothing to eat. She also lived through the tragedies of the Second World War.

Sophia's father left his family when she was a small child and she was brought up by her mother who had had aspirations of a theatrical career. Her start to fame came from a beauty pageant that her mother forced her to compete in. When she won the contest she began posing for photo-romance magazines, this, of course, led to her starring in film. Her rise to fame started with bit parts and continued to grow as she became more

proficient in her field, to say nothing of her astounding beauty.

Sophia tells of her relationships with many of her lead men, she claims they were all plutonic. She starred with not only American leading men but many foreign male stars. It can be said that her true love was Carlo Ponti, a love that had to be strong due to the fact that he was married and that their relationship was frowned upon not only by Italy, but the people of Italy, and the Catholic Church.

This memoir is best suited for those who want to read about film personalities, and especially for those who have an interest in Sophia Loren. The book details many of her directors, producers, and writers from Italy, many or most of whom are unknown to American readers. Also, if one is looking for a tell all or scandalous story of her life will find the book very disappointing.

Mara says

The Italian side of my family has always admired Sophia Loren in that appreciative, hand-waving, excitable sort of way. Her figure, her face, her voice, all of it rings true to the Italian spirit. It's hard not to admire a woman that beautiful who not only eats, but is thrillingly smart and witty. Sure, she banked on her good looks and scored a fantastic producer husband (which aided her greatly in her career). But she didn't make dozens of movies because she wasn't talented. A childhood with a plethora of problems (absent dad and WW2 on top of it) certainly helped set the stage for this go-getter. Her greatest asset was her unusual beauty and she (with her mother's help) knew it was the best way for her to make some money.

I had recently finished reading a rather tired biography of Marilyn Monroe when I picked up this book. I was much happier reading about Sophia Loren--it was hard not to compare the two. Both attractive and full figured, Loren clearly had the wiser head on her shoulders compared to the simpering and fragile Marilyn.

My favorite story? The one where Sophia Loren and Audrey Hepburn sit down for lunch. They both eat an appetizer (I think it was some wilty little salad) and Hepburn declares herself sooooo full. Lunch is over...Sophia is amazed. She returns home and makes herself a sandwich.
