

# Edinburgh Festival Fringe 2018 – REVIEW – Viv Groskop: *Vivalicious* \*\*\*



In *Vivalicious* writer, broadcaster and comedian Viv Groskop's attempts to become her best self through the gospel of Oprah Winfrey.

Groskop grew up in a house full of self-help books. She was even given a copy of the book "How to Win Friends and

Influence People” by her father on her 9<sup>th</sup> birthday. Throughout her life she was fascinated by the cult of self-help and the human desire for reinvention. She read every self-help book available and tried everything from yoga to hypnosis but found herself becoming disillusioned with the self-help trend.

On reaching her fourth decade and realising time is running out to become the best version of herself Groskop, inspired by a dream where Oprah is not only President of the US but of the *world*, decides to adopt some of the billionaire mogul’s techniques to achieve greatness. This hour of comedy takes us on the Journey (because in all the best reality television shows there’s always a “Journey”) to accepting that, perhaps, not all of us are meant to be special.

Groskop is a talented performer but the show stretches an interesting idea a little too thin and while there are an plenty of jokes I couldn’t help but wonder what Groskop was trying to fix about herself, as it’s never really explored. Some of the funniest anecdotes are conversations with her three children, whom she admits are better people than her without making any effort at all. I won’t spoil the piece of advice which was doled out by Oprah’s own spiritual guru but when you hear it, you will likely find yourself nodding along in agreement.

*Viv Groskop: Vivalicious*, Underbelly, Bristo Square at 4:10pm daily until 27 August (except 13 August) tickets are priced £9/£8 and can be purchased [here](#).