



Dream a Little Dream of Me: The Life of Cass Elliot

Eddi Fiegel

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This insightful biography examines the life and music of Cass Elliot—better known as "Mama Cass"—the instantly recognizable face of the Mamas and the Papas. Untangling the truth about Cass's life, this book follows her development from her misfit teenage years to her role in the folk boom of the early 1960s. How Cass came to join the Mamas and the Papas, and the mix of love, hurt, and betrayal that fractured relationships within the group is central to the story as Cass is driven to strike out on a successful solo career. This account reveals the considerable unhappiness Cass experienced that was hidden by her jovial facade—her unrequited love for Papa Denny Doherty, her unhappy marriages and affairs, and her tragic death at age 32. Featuring interviews with many of Cass's close friends, colleagues, and relatives, this account explores the woman behind the uniquely tender voice that dominated the Mamas and the Papas's timeless hits like "California Dreamin'" and "Monday, Monday." Her charisma, wit, charm, and psychedelic persona marked her as a pop star who refused to conform to traditional female stereotypes and became a success on her own terms.

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