

VINNY GUADAGNINO
STAR OF JERSEY SHORE

Vinny Guadagnino was born and raised in Staten Island, New York, and comes from a traditional Italian-American family. During the first season of *Jersey Shore*, he was known as the youngest and most innocent of the group, and avoided most of the drama in the house.

After spending two months abroad during the show's fourth season, he was eager to return home. But when the *Jersey Shore* star learned the cast would immediately begin filming the show's fifth season in Seaside Heights, New Jersey, the 24-year-old was overwhelmed and decided to leave the show. He revealed that he had long suffered from chronic anxiety that manifests itself in feelings of isolation, irritability, and helplessness, as well as physical symptoms such as insomnia and panic attacks.

"It's a terrible environment for me to be in when I'm anxious because there's drinking involved, there's fighting involved, a lack of sleep, a lack of privacy," he said of being on the show. "One of your resources is actually to remove yourself from the situation at hand," he added, explaining his departure.

Since then, he has partnered with The Jed Foundation, a national nonprofit that aims to protect the emotional health of teenagers and college students, to share his story and help others through the Peabody Award-winning Half of Us campaign. He also launched a line of t-shirts for the charity "I Have a Vision," with proceeds donated to anti-bullying. In collaboration with the charity organization "Do Something," the shirts read "F*** Bullies" as its anti-bullying message. He also supports the animal rescue organization Much Love, for whom he recently participated in a charity auction. Furthermore, he has been a presenter at the GLAAD awards.

Before *Jersey Shore*, Vinny Guadagnino graduated from CUNY College of Staten Island and was a political aide for State Assemblyman Michael Cusick. He had planned to attend law school, but since the show took off his professional interests have shifted from the law to entertainment and acting. He has decided to dedicate his extra time to taking acting classes and honing his craft. A self-described natural entertainer, Guadagnino's interest in acting is focused on comedy. He recently guest starred on MTV's scripted comedy series *The Hard Times of RJ*

GUADAGNINO, VINNY [PAGE 2]

Berger, playing the role of RJ's cousin, and has a recurring role in the CW series *90210*. He is also starring in SiFy Channel's summer 2012 film *Jersey Shore Shark Attack*.

Guadagnino's first book, *Control the Crazy*, was published in April 2012. A social media juggernaut, he has 2.8 million loyal Twitter followers.

TOPICS:

- Control the Crazy: Stop Stressing, Control Anxiety, Avoid Drama & Maintain Your Inner Cool
- An Evening with Vinny G