Written by Robert ID1603 Tuesday, 28 June 2005 23:32 -

HarperCollins has gone to press with Karrine Steffans" "Confessions of a Video Vixen," after intensive inspection by lawyers. Hip-hop and rap artist, sports figures and Hollywood playas are ducking for cover now that everyone's favorite fly girl is telling all.

Widely known as "Superhead", Karrine Steffans doesn"t hold back when it comes to dishing about her famous lovers. The video-eye-candy-turned-author claims:

Shaquille O"Neal "was charmingly self-effacing about his sexual prowess and wanted to reduce my expectations," she writes. But "compared to other men," she assures readers, "he was nothing to complain about." She says that Shaq was so impressed with Steffans that, the day after meeting her, he deposited \$10,000 into her bank account.

A small part in "A Man Apart" allowed Steffans to discover that star

Vin Diesel was "a beautiful man ... blessed with an enviable eight-pack and an even more enviable [bleep]."

After hearing so much about Fred Durst's stature, she gushed, "to actually hold him ... felt like a privilege."

Sex with "insatiable" producer Irv Gotti "became more like a boxing match." During their affair, Steffans claims, Gotti lent her to his friends as he saw fit.

After inviting her to his home at 4 a.m., Bad Boy Records CEO and hip-hop mogul Sean (P. Diddy) Combs kicked his manservant Fonzworth Bentley out of a guest bedroom so he and Steffans could spend 15 minutes making love. "You"re one of the best," she says P. Diddy told her. Steffans writes: "I said the same to him, when, in actuality, he was average." Ouch.

Steffans Tell All on Hip-Hop and Sports Stars

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Steffans says she got around to Whitney Houston's husband, hip-hop and R&B singer Bobby Brown, in late 2002. Steffans says she never saw him do drugs. But she worried for his mental health during a frantic encounter where "he told me he was a member of Al Qaeda and that President Bush was looking for him."

She made hip-hop rap artist Ja Rule promise to "always come back." But after he slipped out one morning before she woke up, "I looked around for something to take with me, something that would smell like him but wouldn"t be missed. On the floor I found a balled-up sock, and I placed it to my face and got the fix I was searching for." Sniff.

Steffans also tells the whole story of her back-of-the-limo tryst with Usher.

None of the stars" reps we called yesterday responded by deadline. Their handlers can at least take comfort in knowing that, after years of self-destructive star-chasing, Steffans now says, "I am my own woman and look for no one to complete me."