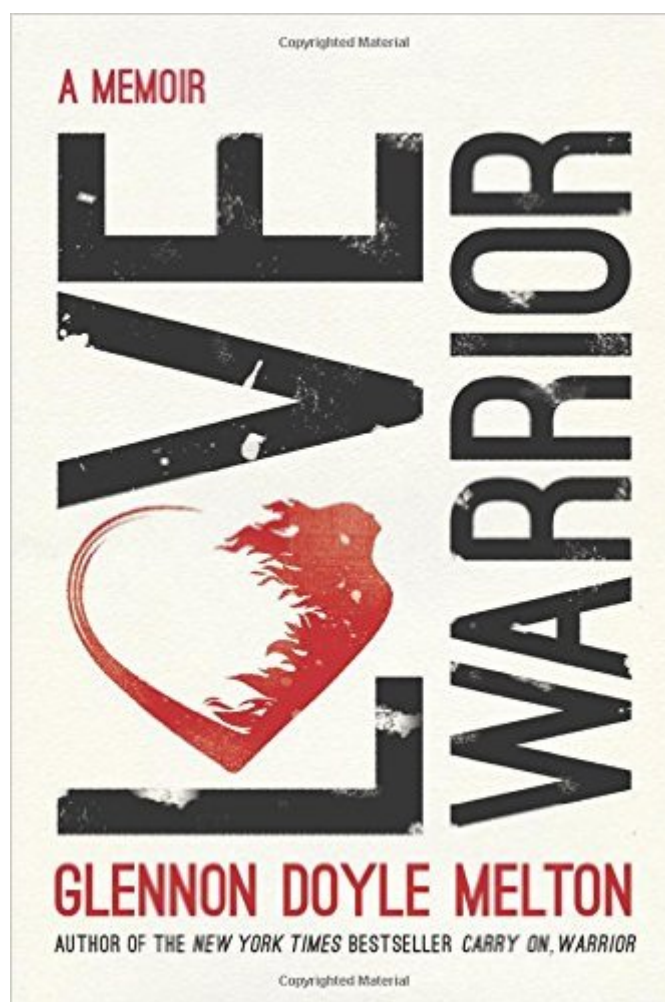


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# Love Warrior: A Memoir



## Synopsis

The Newest Oprah Bookclub 2016 Selection  
The highly anticipated new memoir by bestselling author Glennon Doyle Melton tells the story of her journey of self-discovery after the implosion of her marriage. Just when Glennon Doyle Melton was beginning to feel she had it all figured out—three happy children, a doting spouse, and a writing career so successful that her first book catapulted to the top of the New York Times bestseller list—her husband revealed his infidelity and she was forced to realize that nothing was as it seemed. A recovering alcoholic and bulimic, Glennon found that rock bottom was a familiar place. In the midst of crisis, she knew to hold on to what she discovered in recovery: that her deepest pain has always held within it an invitation to a richer life. *Love Warrior* is the story of one marriage, but it is also the story of the healing that is possible for any of us when we refuse to settle for good enough and begin to face pain and love head-on. This astonishing memoir reveals how our ideals of masculinity and femininity can make it impossible for a man and a woman to truly know one another—and it captures the beauty that unfolds when one couple commits to unlearning everything they've been taught so that they can finally, after thirteen years of marriage, commit to living true—true to themselves and to each other. *Love Warrior* is a gorgeous and inspiring account of how we are born to be warriors: strong, powerful, and brave; able to confront the pain and claim the love that exists for us all. This chronicle of a beautiful, brutal journey speaks to anyone who yearns for deeper, truer relationships and a more abundant, authentic life.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (174 customer reviews)

Best Sellers Rank: #390 in Books (See Top 100 in Books) #5 in [Books > Politics & Social](#)

[Sciences > Sociology > Marriage & Family](#) #8 in [Books > Parenting & Relationships > Marriage &](#)

[Adult Relationships](#) #19 in [Books > Self-Help > Relationships](#)

## Customer Reviews

So--I often love Glennon's writing. Love Momastery. Have contributed to Together Rising. Etc. Honestly, I'm torn between two and three stars. I read the book in under 24 hours (including time I really should have been sleeping). It was definitely gripping: raw, real, vulnerable. At times it was reminiscent of Ann Lamott in the best ways . . . though much less sprinkled with humor to lighten things up (not surprisingly, given what she's covering here). I highlighted a variety of passages because they were meaningful to me and well-phrased. That said, ultimately, I felt like it was uncomfortably voyeuristic, especially about Craig. And I'm assuming (I'm sure hoping) he okayed the book. Even so, it's one thing for an author to share every intimate detail about her own life, but to discuss in such great detail incredible volumes of private information about her spouse . . . for me, it crossed a line where I ultimately felt I had intruded too much into what should have remained private between them. Then the book ends with it sounding like they've reconciled and forged a strong marriage through their intense efforts. . . . Suddenly, the afterword has, "So I don't know if we'll stay married or not." And then I've read from Glennon's blog that they're actually divorcing now. They'll get no judgment on the divorce from me, but it makes me feel even more awkward having read the book, like this is a chapter in their lives that I should not be privy to in such great detail. I had been greatly looking forward to reading it. I found it gripping while I read it. I'm not sure I should have read it. I feel weird about having read it.

I won an advanced copy of this book. It's one of the most beautifully written and honest memoirs I've ever read. Glennon Doyle Melton does not shy away from the truth. Truths I've never even heard anyone else talk about, but that I, myself, have experienced. I loved it. It broke my heart and gave me hope.

My wife's a huge Glennon fan, so I entered and won one of the advanced copies of the book to share with her. Glennon is brutally honest about the complexities of relationships and takes the reader through the process of how she and her husband put their marriage back together brick by brick. She goes into lots of detail about the importance of being a healthy person and her process to cope with her own pathological thinking. In particular her body image issues reveal a extreme struggle to be who she is and what she thinks she should be, a living contradiction we can all relate to because we are all walking ones ourselves. There were enjoyable bright spots in this book, but as expected with a marriage implosion book, it was fairly dark and the reader feels like a voyeur peeping in on the most intimate details of a live fully lived with the wheels falling off. One has to be careful in putting things back together because the remodel is never the same as the original; that

can be good and bad.

Edited for clarity: I do not personally know the author, I paid \$31.99 on her blog for a Special Signed Gift Edition in February to support her publishing efforts because I enjoy her blog, her "we can do hard things" message, and her Together Rising efforts. She's a talented writer in her particular genre, and this book is no exception as it's well written. I have very mixed feelings about the work as a whole, though. She gives interesting and valuable insight into the mind of one dealing with bulimia and alcoholism, and her assessment of organized religion is worthy of further exploration. However, I can't shake the icky feeling this memoir left me with, like I was complicit in throwing her people under the bus to indulge her storytelling because I got behind her hype to sell books. Her efforts to face very real (albeit First World) problems are not any more heroic than the everyday extraordinary women and men from "Humans of New York" or those on yoga mats next to mine who walk through this life daring to love others, experiencing, serving, learning, achieving, connecting deeply, giving back, contributing to the world around them simply because it's what they do. Shortly after the book released, I got a letter in the mail from the author with two temporary tattoos of the book's logo, encouraging me to wear them to continue helping her promote and sell her book (and now "self help" courses.)

I was impressed with her courage and vulnerability as she shared her journey. Toward the end of the book, it was sometimes a bit difficult to stay with the long speeches that seemed a bit much. The Live Warrior is a great concept--one that I can understand much better now in my AARP years! My only wish is that she'd have extended it a bit, as I'd heard her radio interview the other day, so not really an accurate ending. I wish her and her family well.

I enthusiastically ordered this book after reading the reviews and hearing from so many women about the "Amazing Glennon". While the premise is tragically intriguing and there were some helpful suggestions for dealing with a most challenging time of life, I found the book disturbing. Too much information in my opinion. It seemed in her efforts to be brutally honest about the life events, the writing became hyperbolic in the way social media overstates emotional response. In my opinion there seemed to be a striving to appeal to a culture so accustomed to overstatement that the true message got lost in the excessive use of adjective. The result, at least for this tender hearted reader, was not "jaw dropping" but an unfortunate, overstated glamorization of the unraveling of a once loving couple.

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