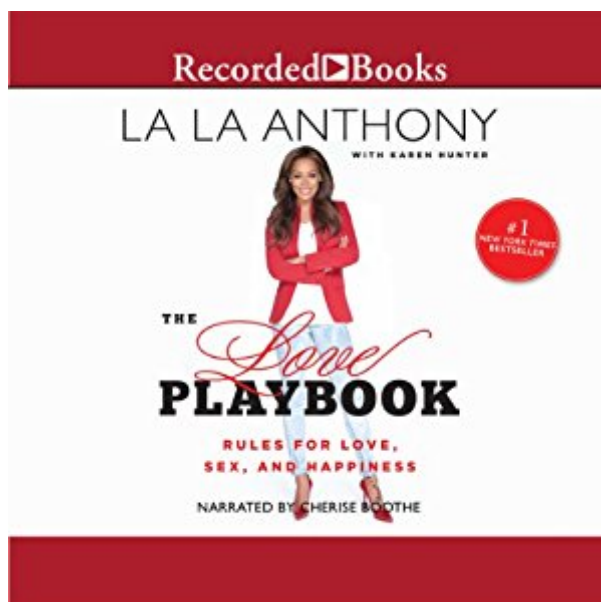


The book was found

The Love Playbook: Rules For Love, Sex, And Happiness



Synopsis

Star of VH1's *La La's Full Court Life*, actress, entrepreneur, and wife of New York Knick's star Carmelo Anthony - La La Anthony found love and success on her own terms. But before La La was a strong woman balancing a growing career, a high-profile marriage, and motherhood, she suffered through bad dates, tumultuous relationships, and backstabbing friends. She learned the hard way how to rise above it all to live the life she loves. And now, for the first time, she channels her most rewarding and challenging lessons into a personal playbook, providing empowering, go-to advice for healthy relationships and a happy life. With her attitude of no nonsense and no judgments, La La is the one her friends come to for relationship advice. She tells it like it is, sharing her personal experiences and revealing intimate details about her marriage and past relationships, to illustrate what she's learned the hard way. In *The Love Playbook*, La La provides play-by-play plans - from teaching your man the right way to treat a woman to dealing with a fickle friend, and, of course, how to snag a baller. With personal secrets and empowering advice, you will learn how to take control of your relationships, rise above adversity, and live your life by your rules. > is the everywoman guide to finding love, building healthy relationships, and staying true to yourself along the way.

Book Information

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Customer Reviews

On that note this book opened my eyes even made me cry a little because I've put myself in the worst situations & never really understood what it actually meant to love yourself. I am a lot like LaLa when it comes to family values, raising a child to the best of my ability & more. I've been in that

messed up relationship and I'm about to take that 60 day Challenge to better myself inside & out. Because your right no one will love me more than me! Thanks La you get ‘• ‘• ‘• ‘• ‘•

I love Lala Anthony but I was expecting more from this book. She really did not go into depth with anything. She seems to not have much knowledge about relationships at all. I think she is just a woman who was in the right place at the right time in her life when she met her husband. She is the definition of luck...When preparation meets opportunity. That surely doesn't give her the credentials to write a love playbook. It was more of a "I'm winging it book" "Try this...it worked for me book". No real substance. ...no meat and potatoes. I felt hungry at the end of the book. Definitely not a satisfying read. I bought Steve Harvey's Straight Talk No Chaser right after and got the immediate gratification I was looking for.

The book is relatable & is a fast read, but it felt more like an autobiography than a guide with any real rules. The only thing I found helpful was that the author states that women need to love themselves. I expected more rules, examples & advice.

I do not read a lot of books but this one sparked my interest so after reading ill have to say its a decent book, kind of jumps around on the timeline of the book, and does not give her opinionated guidelines to love, sex and happiness like I thought it would by reading the cover of the book, just is basically a documentary of her life and a little bit of other people involved in her life over the years. But interesting enough for me to finish the book.

I saw La La on TV the day the book was release. The interview was fun, so I thought the book would be too. I actually did not know who she is. After some of her experiences she talks about in the book, I think "really?" However, there are some good pearls of wisdom in the book. It is an easy read.

Reading this book was such an inspiration to me to realize and just take the necessary steps to finding my true self without worrying about finding Mr. Right. I can truly appreciate her messages through the stories she tell.

I wanted to read this book because i was going thru something with a guy I liked. I heard alot of good things about this book so I decided to buy it finally. I read the book in 3 days. I didnt know that

she was going to touch on her life.. past and present... i thought.. ..okay is this a tell all? but it got very interesting. She also started to incorporate the real life stories with a piece of advice. So i started to see how she was giving the ladies advice. She also touched on the issue i was going thru..she hit it dead on the nail. Needless to say i knew what i was going to do after reading her book.

All I think about is who is this "Doug?" La La's points and advice are realistic to most women. It's a great way of getting to know La La outside of her reality show. You realize how much of a gentlemen Melo is also which the show hardly touched upon .

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