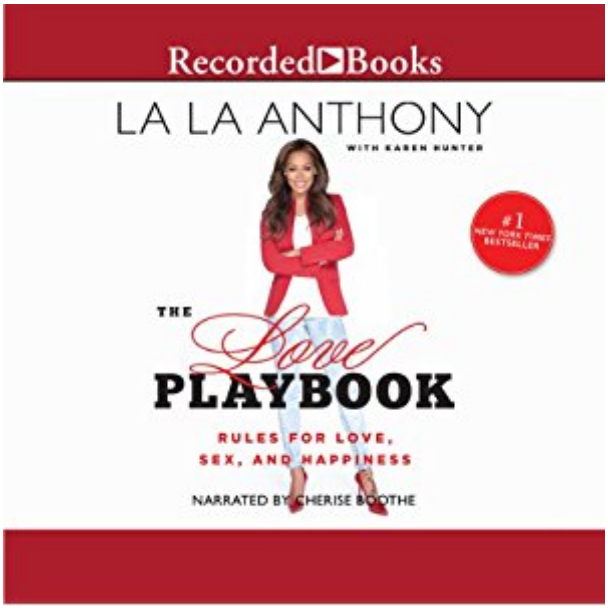
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# The Love Playbook: Rules For Love, Sex, And Hapiness




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## 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

Audible Audio Edition
Listening Length: 5 hoursÃ  Â andÃ  Â 17 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Recorded Books
Audible.com Release Date: January 28, 2014
Whispersync for Voice: Ready
Language: English
ASIN: B00I3PRXPO
Best Sellers Rank:  #65 inÃ  Â Books > Audible Audiobooks > Health, Mind & Body > Sexuality #447 inÃ  Â Books > Self-Help > Relationships > Dating  #602 inÃ  Â Books > Health, Fitness & Dieting > Sexual Health > General

## Customer Reviews

On that note this book opened my eyes even made me cry a little because I’ve out 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 ÃƒÂ Ã Å¸Ã â ˆÃ Â•ÃƒÂ Ã Å¸Ã â ˆÃ Â•ÃƒÂ Ã Å¸Ã â ˆÃ Â•ÃƒÂ Ã Å¸Ã â ˆÃ Â•

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.

After thinking to read Act like a lady, think like a man and Straight talk by Mr. Harvey, I saw La La's book online and purchased it along with the others and vowed to read all of them. I felt that I should get a males opinion on mastering this male versus female love connection as much as a females opinion. La La has such an unusual name so I wanted to know who she is. However, in keeping up with sports is minus zero, therefore, her husband would have not have sounded any alarms. I am a children's author for Can you see my hand? A lesson on faith. As an author you should support others. Here is my support.Mrs. Anthony makes three agreeable points that can be found in the preview of her book. 1. Women need to support one another rather than putting them down. 2. She states the same point that Mr. Harvey points out in Act like a lady, think like a man. ÃƒÂ Ã Â¨StandardsÃƒÂ Ã Â¨ They are important-Men do respect them. 3. She talks about giving all of yourself too soon; while, Harvey says 90 days.When she speaks about a girls father being the first man to shape the personality of their daughters and their view towards the man she would choose to date, I found it being all so real.Reading her book brought back memories. John the stepfather-The sheltered childhood-Wanting to do things but couldn't. After reading these three books, they opened a gate for me to start writing my own book. It may not be about love but it's my story. I kept saying to myself while reading, they are telling my story before I tell my story. Oddly, it is them and their life. So great someone I can empathize with on a few points.I did find it righteous of her to own up to her own mistakes which made me feel sad for her with reason behind the results. She talked about never say never. On the other hand I found it really cool of her to be able to call in some friends to be bouncers in the time of need when kicking Doug out of her house. A threat with a kitchen Knife or the cops would also have came in handy.I admired the disciplinary actions that Mrs. Anthony took with her son Kiyan in regards to his comments ÃƒÂ Ã Â¨Why does everyone hates daddy?ÃƒÂ Ã Â¨ and the reason in order to resolve him no longer wanting to wear his cool spiderman jacket.Mrs. Anthony says ÃƒÂ Ã Â¨A man will take advantage of a insecure

womanÃƒâ Ã Â¨ who is Ãƒâ Ã Â¨Jealous and brings too much drama.Ãƒâ Ã Â¨ Ãƒâ Ã Â¨There is nothing more attractive to a man than a secure, independent woman.Ãƒâ Ã Â¨ She saysÃƒâ Ã Â¨Be a queenÃƒâ Ã Â¨ Ãƒâ Ã Â¨Spend time working on yourself.Ãƒâ Ã Â¨Totally agree. If you can't trust him, why be with him. No, time for worrying about a man being where he should be. It's like when your child gets potty trained and learns to walk. What a relief that is?Your man did not come with crutches (metaphorically) before you married him; so, why do he need crutches now. Gentle reminders fine but he should have his stuff together. Like when you buy something from the store. It may say batteries included or required. Either you know what you need before you get to the counter if you read the label. Does he operate by remote. Can press the button, come home; than he will come home.Free one night a year pass- Yes! we agree. Words from the reviewer Ãƒâ Ã Â¨Take your lying, Cheating, STD gotta have and gonna have out of my place.It is a awesome set up. Being different from the crowd, I totally agree.The reminder of the game as being in the game. Time Out-Overtime-Double Overtime-Final Buzzer.Review Add On!I am a optimist. I try to see the author for who she is and what she is trying to present. Don't be sadly mistaken her book shocked me as well. Her book has 15 chapters and a 13 year old would not enjoy it because every thing she speaks of is unacceptable for a 13 year old. Maybe the first chapter would have been entertaining. She had a great deal of good points that are suitable for every age. I saw a book that teaches one clear prospective that everyone can and should see; regardless if you do it the wrong way or the right way you may just in up in the same place. You don't have to agree but it is true in most cases because, God pours down blessing on both the Just and the Unjust. Everyone gets blessed. What is preferred is that everyone does it the right way because the wrong comes with tons or loads of unwanted and needed baggage, which is hard to get away from.

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 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.

I recommend this book for all women, there is no age group limit. This book would be a very good discussion at a book club and I'm sure touch the hearts of many women that have found theirselves associating with an individual in this book. La La Anthony is a very down to earth woman, that loves herself and have made boundaries and goals to get where she's at in life. I'm so thankful she took the time to write this book, I've paid it forward and have bought this book for my 2 daughters and my nieces.

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.

I enjoyed reading this book. I'm so happy I came across it. I literally read it all in one sitting. I feel so refreshed and have a positive outlook of life, love, and more importantly living my life the way that makes me happy. I know that in life good and bad things happen and Lala does a great job letting us know it's ok not to know all the answers and to go through all the punches life throws and get right back up. And to remember never to hold judgment on your self. If you're a young woman in need of love, life, family matters I totally recommend this book was written for you.

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