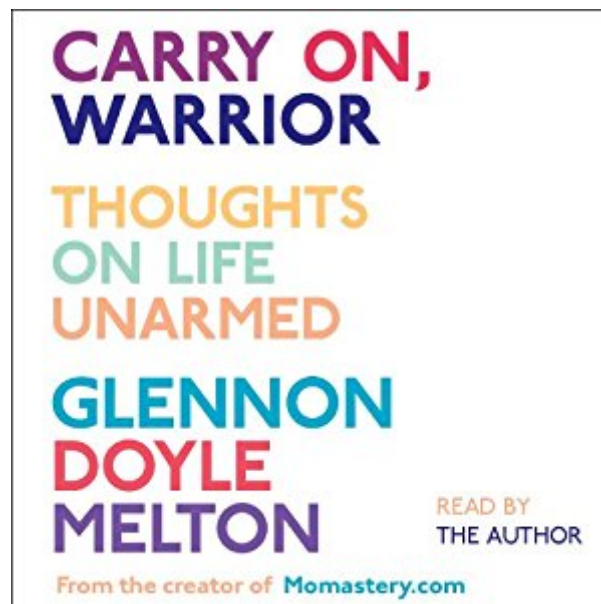




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# Carry On, Warrior: Thoughts On Life Unarmed



## Synopsis

Anne Lamott meets Elizabeth Gilbert in this inspirational, side-splittingly funny exploration of the power of living with love, forgiveness, and honesty. Glennon Melton became a sensation when her personal essays started going viral. Giving language to our universal (yet often secret) experiences, her hilarious and poignant observations were read by millions, shared among friends, discussed at water coolers, quoted in *The New York Times*, and have inspired a social movement. Melton's mistakes and triumphs, recounted with candor and humor, will encourage you to forgive yourself for your own imperfections and inspire you to make the most of life's gifts. In *Carry On, Warrior*, Melton shares her journey from reckless college girl hooked on alcohol, drugs, bulimia, and toxic relationships to becoming a sober and devoted wife, mother, daughter, sister, and teacher. Her stories embody her need to tell and hear the truth, to be sometimes brave and sometimes silent, to say I'm sorry, to trust in something more powerful than herself, and to stop making motherhood, marriage, and friendship harder by pretending they're not hard. Melton believes that by shedding our weapons and armor, we can stop hiding, competing, striving for the mirage of perfection, and ultimately build a better life in our hearts, homes, and communities. In this one woman trying love herself and others, readers will find a wise and witty friend who will embolden them to cut themselves a break and commit to small acts of love that can have an extraordinary impact. Like Geneen Roth, Glennon reminds us that the journey is the reward and teaches us how to be our best selves. Like Ann Voskamp, she shows us that even doubt-filled faith changes everything. *Carry On, Warrior* is powerful, fresh, and life-changing.

## Book Information

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## Customer Reviews

Glennon blogs on momastery.com and her brutally honest accounts of her life brought her popularity, then of course, a book deal. Glennon doesn't give two hoots about what others think. She isn't afraid to tell the world she was an alcoholic, a drug addict and a bulimic. And when she finally got rid of all those toxins in her life and embraced her new-found self, she was diagnosed with Lyme disease. At one point in her life she even got an abortion. Then she decided to adopt but her adoption plan fell through due to her background. So she adopted a highway instead (Yup!). She also wrote of friends, family and strangers who came to her aid when she needed it and/or supported her decisions, impetuous or not. She's very fortunate to be surrounded by people who love her as she is. What makes her stories stand out, to me, is definitely her honesty, almost too honest to be true sometimes. And the fact that she bares her ugly, crazy, messy life out for all to read, is just plain bravery. And the world thanked her for that. Because of her bravery, she gave hope. Because of her kindness, she shed light. Overall it's a pretty good read with some inspiring messages throughout. She can be pretty funny, taking the mickey out of Chaos here and there. But at times I'm not sure if every detail in her story is true or she's just spicing it up for the sake of readership. Like asking a 3 yo to write down what's she feeling. I don't know any 3 yo who can write. Or when she asked her son to look a bully in the eye. Really? What if the bully ended up hitting him? He's lucky he got off the hook so easily. Just my thoughts. What I got out of this book Live life with openness and honesty. Openness to embrace the challenges and changes that Life offers. Make whatever you want out of the lemons Life throws you. Be honest and true to yourself. Tune out the noise, tune in to your voice. The voice that tells you right from wrong. The voice that only you know is YOU. Just do what gives you joy and peace, because no matter what you do, people are going to judge anyway. In times of crisis, sift. "...the Greek root of the word crisis is 'to sift', as in to shake out the excesses and leave only what's important." Eliminate the unwanted, keep what matters. Namaste.

After seeing Glennon on Oprah I immediately bought this book for myself and my daughter, who is a young mother. I understood she was a blogger but didn't quite realize this was a collection of her blog posts (or at least it seems like it is), which are probably available on her site. I did enjoy her writing style and sense of humor, especially during the difficult times in life. I also appreciated her religious perspectives which were presented in ways that those who might not agree wouldn't feel

judged or wrong (even though I agreed, that's important to me). I have been going through multiple traumatic experiences the past 10 years (husband's addiction and resulting separation and near-divorce) and was so inspired by her interview with Oprah, I was hoping to get some inspiration as I went through the latest roller coaster, breast cancer treatment. Aside from Glennon's addiction, which she dealt with before becoming a mom, and a marital issue that fortunately didn't break them (I wish she'd said how, or maybe that's her next book) it seemed her issues were those of a suburban mom (or First-World Problems as my kids used to call them). I am a suburban mom, but not really into some of the more materialistic things she is, so I didn't really relate to her. What I did envy were her ability to make friends and have such close intimate relationships that are real. When you are diagnosed with cancer, even pre-cancer caught early like me, people react weirdly. You quickly find out who are your real friends and who is willing to have "real" relationships. Unfortunately, I found nearly every blood relative wasn't going to "be there" for me and only had about enough non-blood relatives and friends to count on one hand, which was enough. As a result of their weird reactions, I didn't announce it to anyone beyond my inner circles. I was so disturbed by the realization that most people don't have (or maybe don't know how to have) "real" relationships like Glennon describes. I really hoped to learn how to transform my family relationships by making them more real, because the lack of support was devastating. So maybe I had unrealistic goals because I bought this book after her Oprah interview. She may be at a completely different place now than when she wrote this and I want to learn more from her now as the issues in this book are important ones more suburban moms can relate to, but they really aren't BIG life issues when you really need good close friends and deep relationships that are "real."

I read Love Warrior first. Then I bought this. The stories are okay but the writing is far superior in Love Warrior. I don't know if this book is meant to send a message like I assume her latest one was but the author always comes across as a me me me person.

I love Glennon's approach to life, her spirituality that is grounded in reality, and the way she shares her struggles, highs, lows, ups and downs with a funny yet, profoundly poignant message - we can do hard things. This is my new motto and one I plan to pass on to my young boys. Life is brutiful - equal parts beautiful and brutal and when you can appreciate and see it as both, you can fully immerse yourself in the human experience and know that sometimes, being a person, being a parent is hard, not because you are doing it wrong but because it is just hard. We all belong to each other and this book does a wonderful job of helping you believe in the power of kindness, not only to

others, but to yourself. Many critics will say that she complains too much, or that she doesn't appreciate what she has - but I see her writing as just the opposite. It is real. It is honest. It is filled with lessons and observations and words of wisdom as well as questions. Questions that make you think, about what you believe, about God, about life, about love, about relationships, about spirituality, acceptance and more. Her book challenges you to think of these things differently and maybe not as you've "always done" but if you're brave enough to go there, to see the world through the eyes of a recovering, broken person (who I myself cannot relate to, yet can fully connect with the amazing things she has learned), you will begin to see things with a kinder heart and learn more about what it means to be a spiritual being, having a human experience on this place, just like everyone else.

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