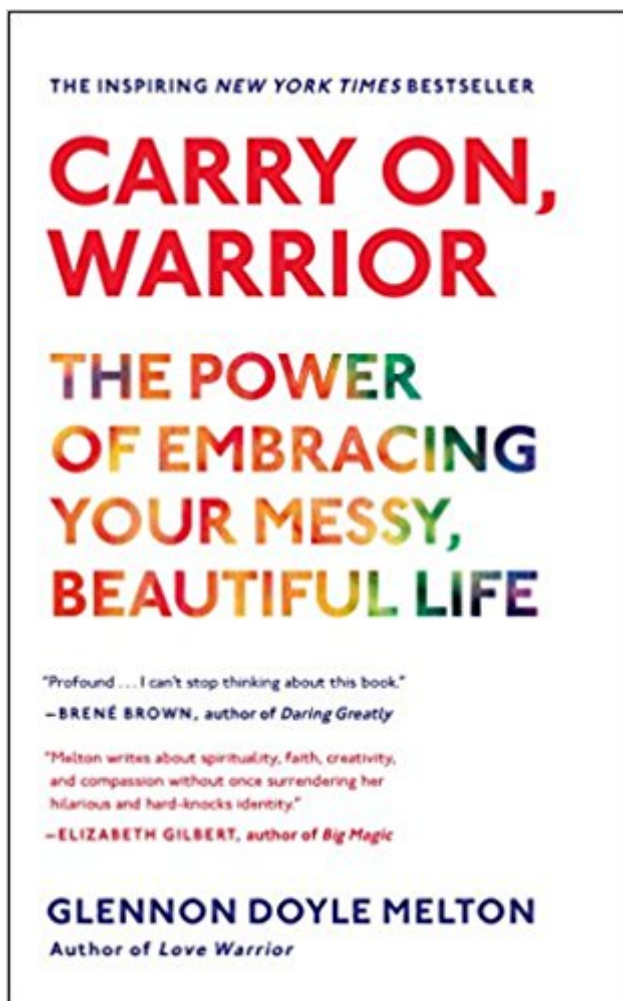


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# Carry On, Warrior: The Power Of Embracing Your Messy, Beautiful Life



## Synopsis

Winner of a Books for a Better Life Award The inspiring and hilarious instant New York Times bestseller from the beloved writer, speaker, activist, and founder of Momastery.com whose new memoir *Love Warrior* is an Oprah's Book Club selection. Glennon Doyle Melton's hilarious and poignant reflections on our universal (yet often secret) experiences have inspired a social movement by reminding women that they're not alone. In *Carry On, Warrior*, she shares her personal story in moving, refreshing, and laugh-out-loud-funny new essays and some of the best-loved material from Momastery.com. Her writing invites us to believe in ourselves, to be brave and kind, to let go of the idea of perfection, and to stop making motherhood, marriage, and friendship harder by pretending they're not hard. In this one woman's trying to love herself and others, readers will find a wise and witty friend who shows that we can build better lives in our hearts, homes, and communities.

## Book Information

Paperback: 320 pages

Publisher: Scribner; Reprint edition (April 8, 2014)

Language: English

ISBN-10: 1451698224

ISBN-13: 978-1451698220

Product Dimensions: 5.5 x 0.8 x 8.4 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 1,407 customer reviews

Best Sellers Rank: #7,689 in Books (See Top 100 in Books) #29 in Books > Parenting & Relationships > Family Relationships > Motherhood #80 in Books > Politics & Social Sciences > Women's Studies #136 in Books > Biographies & Memoirs > Specific Groups > Women

## Customer Reviews

"Melton writes about spirituality, faith, creativity, and compassion without once surrendering her hilarious and hard-knocks identity." (Elizabeth Gilbert, author of *BIG MAGIC*) "In *Carry On, Warrior*, Glennon Melton's honesty, thoughtfulness, and humor will keep readers racing through the pages and set them thinking more deeply about their own lives." (Gretchen Rubin, author of *The Happiness Project* and *Happier at Home*) "Glennon embodies all that we want to be and fear we are not: she is authentic, funny, wise, loving, and resilient in the face of extraordinary challenges. But the magic of *Carry On, Warrior* is that by the

time you finish the book, you realize you ARE all those things, and more. It is a book that actually makes you feel that you are loved and cherished. Has a book ever accomplished anything more marvelous than that? — (Vanessa Diffenbaugh, author of *The Language of Flowers*)

“Carry On, Warrior is a fierce, outrageous and laugh-out-loud book about emerging from addiction and living life at full-tilt. — (Geneen Roth, author of *Women, Food and God*)

“Funny, honest, and brave, Glennon Melton joins the ranks of Anne Lamott, Sara Miles, and Barbara Brown Taylor by giving her readers a precious gift: permission—permission to doubt, permission to believe, permission to struggle, permission to laugh, permission to tell the truth, and permission to do it all imperfectly. *Carry On, Warrior* takes its place among the best of spiritual memoirs as the kind of book readers will want to return to again and again. It reads like a conversation with a close friend, but impacts the heart like an encounter with the divine. — (Rachel Held Evans, author of *Evolving in Monkey Town* and *a Year of Biblical Womanhood*)

“An inspirational guide. Only by living in a state of loving vulnerability [was Melton able] to do what she desired most: touch others and be touched by them in return. Gentle words of wisdom from a woman driven by ‘senseless, relentless hope.’ — (Kirkus Reviews)

“Refreshingly frank. Writing, or as she calls it ‘living out loud,’ is for Melton a bracing therapy to chase away loneliness, learn humility, and banish the fears of revealing the less than flattering sides of herself.” (Publishers Weekly)

“Glennon Doyle Melton is church and *Carry On, Warrior* reads like one of those old rollicking hymns that make you want to stand up at the end and shout, — “Amen! — Life is indeed — “brutiful — but Glennon — humor, warmth, and honesty are profound reminders that there is beauty in our struggle. I can — stop thinking about this book. — (Bren — Brown, Ph.D. New York Times bestselling author of *Daring Greatly: How the Courage to be Vulnerable Transforms*)

“First and foremost, Melton’s book is chock-a-block with great characters, and she’s number one. Melton pulls this off with the help of smart, funny, plain prose. — • (The Agony Column)

“Carry On Warrior is like sitting down for a cup of coffee with a friend to share stories, laughter, and tears, mixed with a whole lot of — “me too! — s and — “I thought I was the only one. — You leave refreshed, renewed, and reminded that we aren’t alone in this. Not even a little. It isn’t the kind of book you put down and say — “oh, that was good. — It — the kind of book you put down, then go to the store and buy three more copies because you know you are going to run into someone who needs them. — (Examiner.com)

“Glennon — writing is like a warm embrace. She shines that little light of hers over the whole wide mommy world, reminding us that it is OK — œ more than OK,

our right to be who we are, no apologies. And we as mothers matter. Because when you spend so much time focusing on everyone else's needs, you often forget that you count too. (Family Circle.com) "Will melt your heart and inspire you in one fell swoop! (Allparenting.com) "Carry On, Warrior is precisely the kind of book I hope the parents in my congregation will read. Melton is a richly gifted storyteller, and her shamelessness is the best kind, rooted in a refusal to believe that she is anything other than a forgiven and beloved child of God. (Katherine Willis Pershey, associate Pastor First Congregational Church of Western Springs Illinois Christian Century Magazine) "Glennon is a fantastic writer and speaker -- funny, real, open, passionate, heartfelt, and inspiring. I was inspired both personally and professionally by her presence, her talent, her humility, her message and her vulnerability. (Mike Robbins Huffington Post, Good News Blog) "Every once in a while, a writer turns up who is just that special. This is definitely the case with Glennon Doyle Melton. She's a hit because everything she writes runs deep and true and makes us laugh. Glennon's like your favorite girlfriend: game to talk about anything, unafraid to take chances, and refreshingly honest about her past and present struggles. (Parents.com) "Sometimes, someone says exactly what you need to hear right when you need it most. Glennon Doyle Melton is that someone for me. I've been reading her lovely, funny new book, Carry on, Warrior and when I got to the chapter titled, 'Don't Carpe Diem,' I knew I'd found a spirit guide." (Ellen Pocost Westchester Parent Magazine) "Melton, God love her, has the courage and the resolve and the wit to show us all of her dimensions. She's the anti-Instagram. Her words make the world a better place. And a healing place. (Chicago Tribune) "Glennon Melton is a natural storyteller, but it's her radical honesty and compassion which enable this book to speak right to the heart of the reader. Glennon's words change readers. Her stories are hilarious, sad, poignant, but they also push and pull at the walls we've put up around ourselves. She honors the complexity of our modern lives, tells us it's okay to be human, to ask for help, but also reminds us how great it feels to do good in the world. Carry On, Warrior is an important portrait of contemporary womanhood, one that encourages us to take chances and love big. (Megan Mayhew Bergman, author of Almost Famous Women)

Glennon Doyle Melton is the author of the New York Times bestselling memoir, Carry On, Warrior and Love Warrior, an Oprah's Book Club selection. Glennon is also the founder of the online community, Momastery, where she shares shameless, humorous, and inspiring essays

about marriage, motherhood, faith, addiction, recovery, and connection. She is the creator and president of Together Rising – a non-profit organization that has raised over three million dollars for families around the world through its Love Flash Mobs, which have revolutionized online giving. Glennon is a sought-after public speaker both domestically and internationally. She has been featured on the TODAY show, The Talk, OWN, and in The New York Times, Ladies' Home Journal, Glamour, Family Circle, Parents Magazine, Newsweek, Woman's Day, The Huffington Post, and in other television and print outlets. Glennon lives in Florida with her family.

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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