



The Love Playbook: Rules for Love, Sex, and Happiness

La La Anthony, Karen Hunter

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#1 New York Times Bestseller

La La Anthony shares her one-of-a-kind rules on matters of the heart.

Star of VH1's *La La's Full Court Life*, actress, entrepreneur, and wife of New York Knicks 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.

Now La La channels those lessons into a personal playbook, providing empowering go-to advice for healthy relationships and a happy life. Candidly, she draws on her personal experiences, revealing intimate details about her marriage and past relationships to illustrate what she's learned the hard way: 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. Through her non-nonsense advice on dating, love, marriage, and more, you will learn how to take control of your relationships, rise above adversity, and live your life by your rules.

The Love Playbook is the everywoman guide to dating, finding love, building healthy relationships, and staying true to yourself along the way.

“The first rule of love is that the ball is in the woman's court.”

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Beverly Barber:

People live in this new time of lifestyle always try and and must have the free time or they will get large amount of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely sure. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you ever try this one, reading publications. It can be your alternative in spending your spare time, the book you have read is definitely The Love Playbook: Rules for Love, Sex, and Happiness.

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