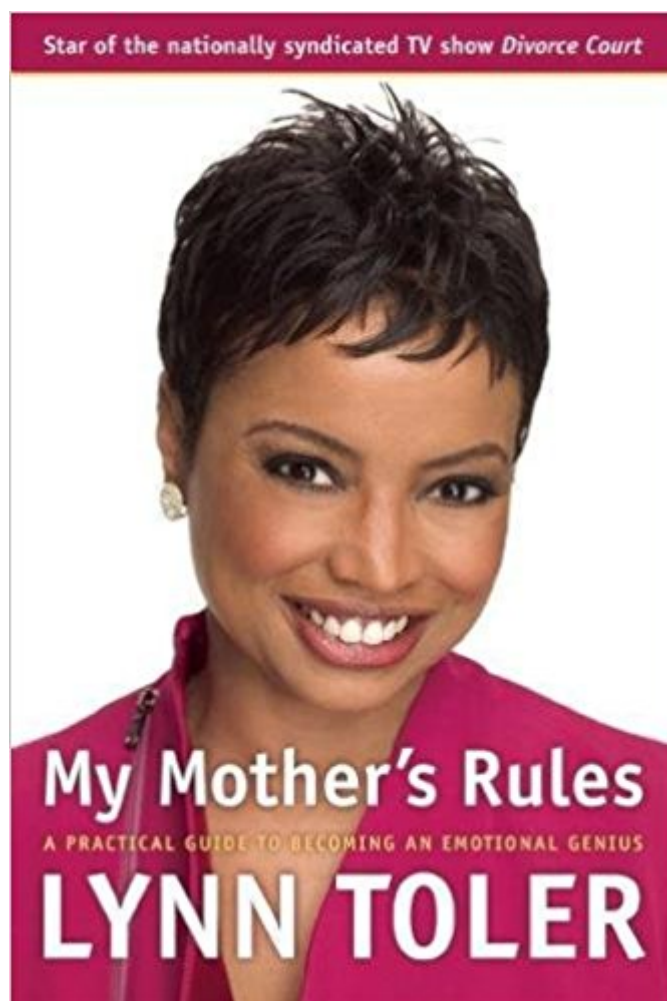


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My Mother's Rules: A Practical Guide To Becoming An Emotional Genius



Synopsis

In this unique, profoundly inspirational memoir, Divorce Court star Judge Lynn Toler shares her mother's wisdom for learning to conquer anger and become immune to insult. Toler credits her mother's "rules for life"; a life that saw her grow up the daughter of a poor teen mother and endure a husband who suffered mental illness and alcoholism; with providing the grounding for her own success and happiness. Toler shows how the mindset of "a black woman who knew how to make things work" taught her the power of knowing how to manage one's emotional business; lessons that this book offers in wrenching stories written in spare and graceful prose. *My Mother's Rules* is an unforgettable book that will captivate readers with its illustrations of how to rise above the most difficult circumstances and find peace and success in life.

Book Information

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Customer Reviews

Easy-reading prose and a no-nonsense approach will carry readers through this collection of anecdotes and rules for healthier living from first time author and Divorce Court star/judge Toler. As the title implies, Toler draws heavily on lessons learned from her mother, some of which, such as the revelation that Toler's mother "lies, both often and well, if she feels the truth will get in someone's way," will surprise. And while the stories of Toler's upbringing have their merit, the book's strength lies in the sober, no-nonsense advice: "The Peanut Gallery Rule" asks whether "you would still be doing what you're doing if other folks could see," while Toler's suggestion to "Globalize

Your Pain Quotient" makes most quotidian frustrations seem petty. The rules, many of which are accompanied by their own mini-vignette, are explained at the end of each thematic chapter and are all re-listed at the end of the book for easy browsing. Readers looking for real-world direction could do much worse. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Lynn Toler received her BA from Harvard and her JD from the University of Pennsylvania before spending ten years as a practicing attorney, and then seven years as administrative judge of Cleveland Heights Municipal Court. In 2001, she hosted the TV show Power of Attorney, and beginning September 2006, she is the new star of the syndicated hit Divorce Court.

I love this practical guide to life. Most helpful to me was the advice to get emotion out of the way and focus on situations like its business. For people of all ages.

I am really enjoying reading this book on the kindle. Its a quick easy read and the stories she shares throughout are great. Its like sitting in my living room having a wise friend share some great advice. I can't even begin to tell you how much I have highlighted in this book! So much worth remembering.

I read this book twice it has really helped me like you wouldn't believe.i see this beautiful person on television all the time and I thought ughh this book is gonna be just another reader but let me tell you it has really helped me calm my inner beast..Thank you Judge Lynn Toler this is definitely a must must read

awesome book I love Judge Lynn a must read that I couldn't put down

I love the knowledge that she gives, but its a book you would want to re-read do to her writing style.

I am a voracious reader so I would rather read a poorly written book rather than nothing at all and I read just about anything. I don't watch TV so I haven't seen Lynn Toler in action but I am nothing short of stunned at the beautiful presentation of her hard earned life lessons and the tribute she has written to the wisdom of her mother. This book will make a great book for anyone who is a mother, wants to be a mother and has a mother. This book makes my short list for books that are well written and have a useful message.

Excellent read! You'll learn a lot from her wisdom like I did!!!!.

Fast shipping. Great book and great advice! Would recommend this book. You want be disappointed

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