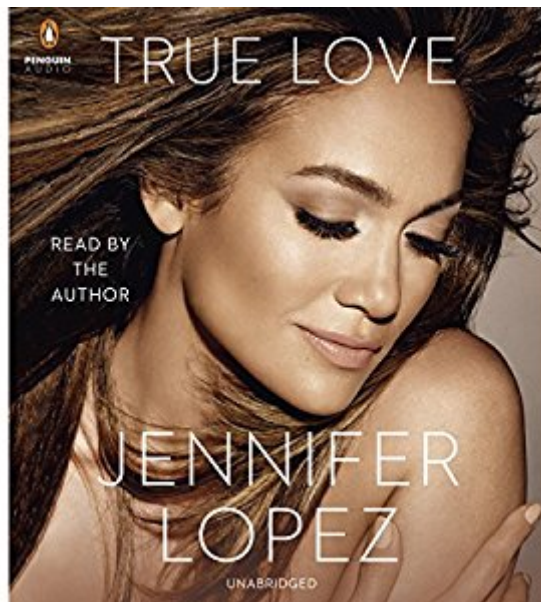


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# True Love



## Synopsis

In True Love, Lopez explores one of her life's most defining periods - the transformative two-year journey of how, as an artist and a mother, she confronted her greatest challenges, identified her biggest fears, and ultimately emerged a stronger person than she's ever been. This visually arresting publication is guided by both intimate and electrifying never-before-seen photographs. True Love is an honest and revealing personal diary with hard-won lessons and heartfelt recollections and an empowering story of self-reflection, rediscovery, and resilience.

## Book Information

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## Customer Reviews

Both my wife and I read this introspective autobiography by Jennifer Lopez, a woman we have long admired. At times eye-watering, we must understand that fame and fortune really doesn't change what we still need out of life.

I am glad that I ordered this book. I have always liked Jennifer in all the ways that she presented herself with all of her singing dancing and acting. I can see how we all perceived her and the many relationships that she was in was not the greatest reflection of who she really is and what Jennifer was going thru. The book was not written I believe to fix others or to help others, I believe it was written to share her own true self and to heal from what she had been ignoring for so long. The book also open the door for all of us to see her uncovered and to confirm what so many great thinkers

have discovered in order to heal others in the same journey even though it is a different story. I like her even better and my paradigm of her has changed due to reading her story. There is truth in the statement of walking in someone else shoes before we judge. Her book is a easy read, but towards the end it really sums up her final journey of understanding "True Love". I would recommend the books for those that are struggling with who they are and others that are struggling with self love. We have many teachers that enter our lives to teach us something, the only way you can learn it is to become the student.

I always thought Jennifer Lopez was a hard worker, but this book takes you into her creative mindset and it was interesting. She was definitely going on a self-help journey during this time as she was getting ready for her first big tour and dealing with divorce. This was a valuable read and one especially powerful for anyone going through a life shift. She tackles the subject of her divorce discreetly and respectfully. There was no info in there that would upset her children or ex. I liked Jennifer before, but I admire her now.

Jennifer Lopez has always been my favorite style icon and celebrity. She single handedly transformed the beauty world with her large derriere in the 1990s. Before her nothing but emancipated waif looking white women symbolized "beauty." As a Latina with a body like J Lo I am forever indebted to her for making the world realize how gorgeous women of color are. With that said I love J Lo so this may be a bias review. Everything J Lo touches turns into gold. This book is no exception. Everyone complaining about how vague this book was clearly did not read the introduction in which Lopez proclaims this is NOT a tell all book! This book was meant to explain J Lo's journey and transformation throughout the 'Dance Again' world tour. 'True Love' describes her spiritual transformation and does NOT divulge about past lovers. It is a book that makes you realize you must love yourself before you can love anyone else. The one thing that really stood out to me was when she defined what integrity meant to her. Integrity according to Lopez is having respect for yourself and not allowing someone to treat you badly. If you allow this mistreatment you are betraying yourself. When I read this section it was as though a light bulb went off. As a woman I have put up with crap for way too long with undeserving men and could totally relate to Jennifer on this level. With all the diamonds, Bentley's, private jets, and millions of dollars Jennifer is simply a regular woman who admittedly had low self esteem and held on to long to jerks who treated her badly because she just didn't want to be alone. I always wondered why this attractive, powerful, successful woman could never be alone? Why did she always jump from one relationship to

another? I got the answer to those questions by reading this book. This book humanizes Lopez and made me understand and love her even more. It's a real page turner and a must read. I read the entire book in one day!

"Jennifer Lopez's Self Discovery" might be a better title. This was a good read. Really 3.5 stars. Quick read. More like a memoir in the style of a self help book. Nothing juicy in it, so don't get too excited. It chronicles her divorce and how she found herself after. I remember those 7 years when she was with Mark Anthony before American Idol. She seemed to fade from public view. In fact when she reemerged her children were 4. She took the back seat to Mr. Anthony, and in doing so, I think she lost herself. This book is about how she found herself again. One thing clear in it is that she and Mark had a deep love for another that exists still- but in the form of friendship. I love that after a divorce they both still seem very friendly. Don't feel bad for Mark, she does have him read the manuscript (credits him in the afterword), so anything he didn't agree with, I think would have been removed.

I am unsure why I am just now getting around to reading this book but it was fantastic. It wasn't one of those books where she just talks about herself and gives an inside scoop on her life behind the scenes. It's a book that you can actually take something from it and apply it to your life. It's also a way for us to realize that even as a celebrity who has the world, that she is also human and experiences the same emotions we do. Great read, highly recommend

Her story helps one understand Jennifer. She comes off as such a strong, confident woman. In the beginning it was hard to understand her feelings of never feeling good enough. As a Latin woman I understand her. She is such a loving parent. That her children come first in her life says so much about her close connection with her own Mother. I applaud that she tells other females to love yourself and treat yourself good. Dancing is so good for the body and soul, as well. I made it a point to go dancing two days after I finished her story. She reminded me to love myself and do what makes me happiest in life. Good for you, Jenn. As another Puerto Rican woman, and dancer, I am so happy I decided to read this book because it caused me to remember to be the best I can be, dance because that is when I'm happiest and get back out there and live. Gracias por la musica.

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