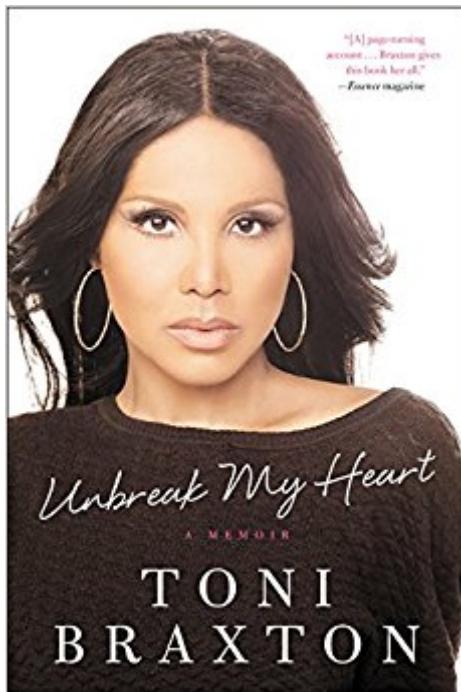


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# Unbreak My Heart: A Memoir



## Synopsis

In this heartfelt memoir, six-time Grammy Award-winning artist and star of WE TV's reality hit *Braxton Family Values*, Toni Braxton writes about her personal life decisions and their impact on her health, family and career. While Braxton appears to be living a gilded life—selling 60 million records, appearing in sold-out Las Vegas performances and hit shows like *Dancing with the Stars*, and starring in her own reality series—hers is in fact a tumultuous story, a tale of triumph over a life filled with obstacles, including two bankruptcy filings. The mother of an autistic child, Braxton long feared that her son's condition might be karmic retribution for earlier life choices, some of which will shock fans. But when heart ailments began plaguing her at the age of 41 and she was diagnosed with Lupus, Braxton knew she had to move beyond the self-recrimination and take charge of her own healing. Intensely honest and deeply inspirational, *Unbreak My Heart* is the never-before-told story of the measures Braxton took to make herself and her family whole again.

## Book Information

Paperback: 272 pages

Publisher: Dey Street Books; Reprint edition (April 21, 2015)

Language: English

ISBN-10: 006229329X

ISBN-13: 978-0062293299

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 438 customer reviews

Best Sellers Rank: #354,857 in Books (See Top 100 in Books) #102 in Books > Arts & Photography > Music > Biographies > Rhythm & Blues #180 in Books > Arts & Photography > Music > Biographies > Pop #501 in Books > Arts & Photography > Music > Musical Genres > Popular

## Customer Reviews

Braxton's *Unbreak My Heart* might be her best-selling single and the title of her memoir, yet the instructive phrase she uses most comes from another hit single, *Breathe Again*. She sure has needed to come up for air, often. Braxton recounts her struggles candidly. Choosing her solo music career over her sisters early on, filing for bankruptcy twice, a divorce, her youngest son's autism, and her own lupus diagnosis are all laid bare. Sometimes the tone of her

exposition is a tad too sunny, especially while recounting the realization that her father was bringing his girlfriends to her show, the beginning of the end of her parents' 35-year marriage. It's the reflective, positive tone, however, that makes this tell-all intensely readable. Braxton name-drops in a way that brings the late 1990s R&B scene roaring back. Her first-name-basis friends include Kenny Babyface Edmonds, L. A. Reid, and Clive Davis. For fans who loved her in her heyday or recently found her on her reality show, *Braxton Family Values*, this is a must-read. --Courtney Jones --This text refers to an out of print or unavailable edition of this title.

Braxton recounts her struggles candidly... It's the reflective, positive tone that makes this tell-all intensely readable. For fans who loved her in her heyday or recently found her on her reality show, *Braxton Family Values*, this is a must-read. (Booklist)

oni Braxton the oldest of six siblings and a six-time Grammy award winner, American R&B singer and song writer. This is Toni's first book a memoir ( *UnBreak My Heart*), giving her fans and the entire world a chance to really get a gaze into who she really is as a woman, mother, wife, sister and artist. This book gives Toni the opportunity to share her story of her childhood, spirituality and the highs / lows of the music industry. Toni describes her childhood somewhat of like the Jackson 5 as it relates to music. In this book Toni talks about heartache, guilt, family, growing (experiences and people who helped groom her along the way), spirituality /religion and finding the courage to heal and BREATHE AGAIN. Although, we are fairly familiar with the media's outlook of Toni Braxton; this book explains her personal journey through life. Having read this book in a matter of three days, I enjoyed the transparency birthed through the pages of this book. The process of writing this book was simply life-changing for Toni, and the need to clarify rumors and misconceptions. Toni shares her desires of music and even her thoughts of retiring. I mostly appreciated the approach in which Toni had this book written, which was to give her fans and readers a TRUE account of her life. Although, writing this book involves her family; not once does she expose anything to make her family and friends seem condemning; but yet giving HER perspective of HER feelings about her life experiences then and now. What I learned from this book: *UnBreak My Heart* To purchase the book click here:[\(UnBreak My Heart\)](#)1. Take Care of YOU before you Take Care of others  
(UnBreak My Heart)1. Take Care of YOU before you Take Care of others  
When loving those around us; it's not our job to CARRY people even FAMILY. This doesn't dismiss our love for them.2. Knowing when to have a VOICE  
speak up and speak out.3. When Love comes, accept it with open arms, mind,

spirit and soul it healthy to our being.4.Despite lifeÃ¢Â¢Â¢s experiences good or bad you learn to BREATHE AGAIN5.UnBreak Your Heart/ Breathe Againalbum-release-1466Ã¢Â€Â¢ 1100

This Memoir is one of the best reads for me. I felt like I could almost read in between the lines of every situation,( what wasn't being said).For her to be that honest and candid about so many things had to be an exhale in itself for her. Hopefully somewhere down the road we'll be able to enjoy a Autobiographical account of her life story. I am glad she was able to write her Memoir and share what she wanted her fans to know about her in her own words, not what the media wanted us to" feel "about her. I say "feel "because normally when you read about people though that outlet it normally be more for entertaining purposes (My opinion ). Overall i gave it 5 stars and would recommend it...

I purchased this book yesterday afternoon (7/20) and finished the book today. I didn't expect to identify with so much of her story. But I did. Her early years in a spiritually abusive religion closely mirrored mine. The struggles she still has as a result of that upbringing was also something I very much identified with: the fear of judgment, the fear to speak up, the panic attacks. Oh yeah, buddy.I loved the way the book read as well. It was very down to earth and easy to read (obviously.) It was interesting to discover how the music industry works and the struggles she had with that. And to also see the correlation between the religion and the industry - all about controlling someone else.But at the end of the day, her story is about getting up, falling down, and getting back up again - no matter how many times it takes. She's tenacious and fierce. She has found in her an inner strength to make her decisions and be heard.I'm really glad I purchased this book and I've told some of my other cult survivor friends how her story can help them in their quest for healing. Whether Ms. Braxton realized how that part of it would be a help to people, it very much was. And perhaps that is why she sang Unbreak My Heart so beautifully - it was coming from a place of truth and experience.Well done, Ms. Braxton.

I love her talent, but I read this a couple months ago and hardly remember any of it. Nothing really stands out too much. Seems like she was holding back. She is a talented entertainer, but I don't think this was a real as it gets...just my opinion...

I absolutely love Ton's memoir. I felt she was real and very open about her life as much as she

should be anyway. I've always love her as an artist and I love the Braxton Family Value show and so happy that she decided to do the show although she had her reservations. I have gone through similar things in my life and its just encouraging and heart warming to know what she has been through and at the end of the day were all just human beings and life is not perfect for any of us. It also helps me to see that we all have the ability to make something of our lives no matter what occupation were in she had the skills and the door just opened up to her. I really enjoyed this book.

I have been a Toni Braxton fan since her first CD. She is a phenomonal singer and entertainer, who has repeatedly triumphed through adversity. Once I finished this book, I fell even more in love with the singer; as her story is incredibly relatetable in regards to her religious upbringing and the affect that upbring has had on her life, relationships, etc. It is my hope that at this point in her life, with all that she has done for her sisters and all that she has accomplished for herself, that she can finally have the peace of mind she deserves.

I really enjoyed reading Toni's book "Unbreak My Heart: A Memoir"! Taking us through her early childhood, tween, teen, young adult & adult life gave me a feeling that I personally knew her! Toni's revelation about her experience getting "saved" seemed similar to mine as a child, and wanting a "Baby Alive" really bad as a little girl reminded me of myself! I read the book mostly in the evenings, and finished in less than a week. Wishing Toni Braxton the best with her latest album, and much happiness in her personal life!

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