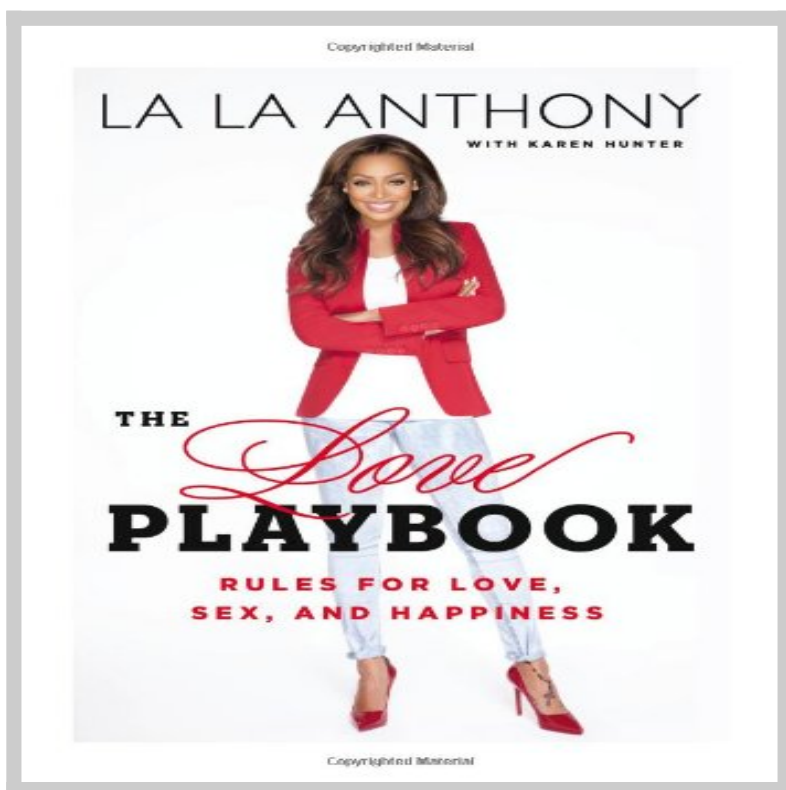


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The Love Playbook Rules Happiness Book Preview

#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* and *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 sheâ€™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 PlaybookÂ is the everywoman guide to dating, finding love, building healthy relationships, and staying true to yourself along the way.

â€œThe first rule of love is that the ball is in the womanâ€™s court.â€•