



Unbreak My Heart: A Memoir

By Toni Braxton

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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.

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Editorial Review

From [Booklist](#)

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

Review

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)

From the Back Cover

The bestselling solo R&B artist finally opens up about her rocky past and her path to redemption

While Toni Braxton may appear to be living a charmed life, hers is in fact a tumultuous story: a tale of personal triumph after a public unraveling. In her heartfelt memoir, the six-time Grammy Award-winning singer and star of WE tv's hit reality series *Braxton Family Values* is unapologetically honest in revealing the intimate details of her journey.

Toni and the entire Braxton clan have become America's favorite musical family, but what fans may not know is the intense guilt Toni once felt when she accepted a recording deal that excluded her sisters. That decision would haunt Toni for years to come, tainting the enormous fame she experienced as a popular female vocalist at the top of the charts. Despite her early accomplishments, Toni's world crumbled when she was forced to file for bankruptcy twice and was left all alone to pick up the pieces.

Always the consummate professional, Toni rebuilt her life but then found herself in the midst of more heartache. The mother of an autistic child, Toni had long feared that her son's condition might be karmic retribution for some of the life choices that left her filled with remorse. Later, when heart ailments began plaguing her at the age of forty-one and she was diagnosed with lupus, Toni knew she had to move beyond the self-recrimination and take charge of her own healing—physically and spiritually.

Unbreak My Heart is more than the story of Toni's difficult past and glittering success: it is a story of hope, of healing, and, ultimately, of redemption.

Users Review

From reader reviews:

Aaron Blue:

What do you in relation to book? It is not important along with you? Or just adding material when you want something to explain what the one you have problem? How about your spare time? Or are you busy individual? If you don't have spare time to perform others business, it is gives you the sense of being bored faster. And you have free time? What did you do? Everybody has many questions above. The doctor has to answer that question since just their can do that will. It said that about guide. Book is familiar in each person. Yes, it is correct. Because start from on jardín de infancia until university need this specific Unbreak My Heart: A Memoir to read.

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Rebecca McGrew:

Playing with family inside a park, coming to see the marine world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try point that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Unbreak My Heart: A Memoir, you could enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout guys. What? Still don't buy it, oh come on its known as reading friends.

Homer Gardner:

The book untitled Unbreak My Heart: A Memoir contain a lot of information on that. The writer explains her idea with easy technique. The language is very straightforward all the people, so do not necessarily worry, you can easy to read the item. The book was written by famous author. The author gives you in the new period of literary works. You can read this book because you can read on your smart phone, or product, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open up their official web-site in addition to order it. Have a nice study.

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