



Warrior: A Memoir

By Theresa Larson, Alan Eisenstock

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In this inspiring memoir, a former female Marine platoon leader recalls the wars she has fought—on the playing field, the battlefield, and inside her own soul—revealing how overcoming the harrowing circumstances in her life helped her ultimately redefine what it means to be strong and what “perfect” really is.

Theresa Larson has lived multiple lives. At ten she was a caregiver to her dying mother. As an adolescent, an All-Star high school, college, and professional softball player. As a young adult, a fitness competition winner, beauty pageant contestant, and model. And as a grown woman, a high-achieving Lieutenant in the Marines, in charge of an entire platoon while deployed in Iraq.

Meanwhile, Theresa was battling bulimia nervosa, an internal struggle which ultimately cut short her military service when she was voluntarily evacuated from combat. Theresa’s journey to wellness required the bravery to ask for help, to take care of herself first, and abandon the idea of “perfect.” In *Warrior*, she lays bare all of these lives in intimate and vivid detail, examining extremely personal and sometime painful moments and how, by finally accepting the help of others, she learned to make herself whole. From growing up in a log cabin outside Seattle to facing down the enemy in Iraq, Theresa’s journey demonstrates that good health and happiness is a daily, intentional act that requires persistence and commitment.

Theresa hopes that through sharing her story, she will help inspire others to empower themselves, embrace their inner warrior and re-define strength. Startling and funny, terrifying and triumphant, heartbreak and inspirational, *Warrior* is at heart a story of perseverance and success—of a determined woman who is model for everyone struggling to conquer their own demons. Theresa shows that asking for help can be an act of courage, and that we are stronger than we think when faced with seemingly impossible odds.

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Editorial Review

Review

“Theresa Larson’s memoir reveals the complex self-savagery of surviving bulimia in a war zone... This book is a rare glimpse into the secret world of a bulimic and exposes the multiple traumas that coalesced into this disease as a means of coping.” (**Jill Miller**, author of *The Roll Model: A Step by Step Guide to Erase Pain, Improve Mobility and Live Better in Your Body*)

“By turns honest and heartbreak, Larson’s book is a celebration of inner strength. It is also a poignant reminder that the mark of a true warrior is not just someone who fights wars but who also knows how to also “ask for help” in times of crisis.” (Kirkus Reviews)

“Theresa Larson walks us through her journey to get to authenticity. She shows us what it means to be a warrior and anyone will identify with her struggles and learn from her, learn that they too can be resilient, healthy and a true warrior. Bravo Theresa Larson. A must read!” (**Eva Selhub**, MD, author of *Your Health Destiny*, stress and mind-body medicine specialist, and former instructor in Medicine at Harvard Medical School and Associate in Medicine at the Massachusetts General Hospital)

“From the pain of losing a loved one to struggles with food and self-esteem, Larson dives deep and looks back to get at the ‘why’. *Warrior* is a story of hope and transformation, of calling on the strength that already lives inside.” (**Steph Gaudreau**, bestselling author of *The Performance Paleo Cookbook* and *The Paleo Athlete*)

“The book is powerful, inspirational, and underscores how we can all be both strong and vulnerable at the same time. Theresa opens her heart and soul on every page and we closed the book feeling uplifted by her amazing spirit.” (**Kelly and Juliet Starrett**, CEOs, MobilityWOD & SanFrancisco Crossfit, co-founders of StandUPKids.org)

“Theresa shows that real strength happens when you summon the courage to conquer these addictive and doomed expectations. Theresa’s willingness to share her journey makes her a true hero and one of the bravest Marines I know.” (**Mike Burgener**, former Marine, Senior International Weightlifting Coach for the United States, Head Strength Coach for Crossfit)

“So many times, we have said and heard ‘Suck it up Marine.’ This story reminds me to look through strength and beauty, realize a person’s struggles, and dedicate time to take care of them.” (**Alyce Fernebok**, former Marine Captain)

“Larson’s tale will inspire readers to think more deeply about gender and mental-health issues in civilian and military life.” (**Booklist**)

“Few women are raised in a man’s world and serve in war not just as physical equals but superiors in prowess and rank. While Theresa “gets” men, a strength of this compelling memoir is how clearly she understands what women uniquely bring to both the armed services and the planet.” (**Susan Weinsten**, author of *The Anarchist’s Girlfriend* and *Paradise Gardens*)

“*Warrior* is an interesting and enjoyable read, and the journey Theresa takes us on has elements many can relate to: dealing with loss, the struggle to be perfect, and the pressure to look and act a certain way as a

female. I highly recommend *Warrior*.” (**Mayim Bialik**, actress)

From the Back Cover

Theresa Larson has lived multiple lives: At ten she was a caregiver to her dying mother. As a teenager and into her twenties, she was an all-star high school, college, and professional softball player. As a young adult, she was a fitness competition winner, beauty pageant contestant, and model. And as a grown woman, she was a high-achieving lieutenant in the Marines, in charge of an entire platoon while deployed in Iraq.

Meanwhile, Theresa was battling bulimia nervosa, which ultimately cut short her military service when she was voluntarily evacuated from combat. Theresa’s journey to wellness required the bravery to ask for help, to take care of herself first, and abandon the idea of “perfect.” In *Warrior*, she lays bare all of these lives in intimate and vivid detail, examining extremely personal and sometimes painful moments, and showing how she eventually overcame harrowing battles from both inside and out. Theresa’s journey demonstrates that the pursuit of good health and happiness is a daily, intentional act that requires persistence and commitment.

Startling and funny, terrifying and triumphant, heartbreakingly and inspirational, *Warrior* is at heart a story of perseverance and success—of a determined woman who is a model for everyone struggling to conquer their own obstacles. Theresa shows that asking for help can be an act of courage, and that we are stronger than we think when faced with seemingly impossible odds.

“By turns honest and heartbreakingly, Larson’s book is a celebration of inner strength. It is also a poignant reminder that the mark of a true warrior is not just someone who fights wars but who also knows how to ask for help in times of crisis. A courageous and inspiring memoir.”—*Kirkus*

“A vivid and intensely personal account of Dr. Theresa Larson’s extraordinary life as caregiver, high-level athlete, combat veteran, and bulimia survivor. The book is powerful, inspirational, and underscores how we can all be both strong and vulnerable at the same time.”—Kelly and Juliet Starrett, CEOs of MobilityWOD and San Francisco CrossFit and cofounders of StandUpKids.org

“I have always believed that being vulnerable does not imply weakness, but rather the courage to live as who you are, not as the person others expect you to be. Theresa shows us what it means to be a warrior, and anyone will identify with her struggles and learn that they too can be resilient, healthy, and a true warrior. A must-read!”—Eva Selhub, M.D., author of *Your Health Destiny*, former instructor in medicine at Harvard Medical School, and associate in medicine at the Massachusetts General Hospital

“Raw. Real. Rousing. Theresa has crafted a memoir that will leave readers finding parallels to their own lives. From the pain of losing a loved one to struggles with food and self-esteem, Larson dives deep and looks back to get at the ‘why.’ *Warrior* is a story of hope and transformation, of calling on the strength that already lives inside. You’ll put it down and ask, ‘What’s possible for me?’ It’s that good.”—Steph Gaudreau, bestselling author of *The Performance Paleo Cookbook* and *The Paleo Athlete*

“Marines are tough. Marines are hard-core. Marines cannot fail. *Warrior* reveals the struggles that come along with this desire for perfection. Theresa shows that real strength happens when you summon the courage to conquer these addictive and doomed expectations. Theresa’s willingness to share her journey makes her a true hero and one of the bravest Marines I know.”—Mike Burgener, former Marine, senior international weightlifting coach for the United States, head strength coach for CrossFit

About the Author

Theresa Larson has been a professional softball player, an award-winning fitness competition contestant, and a lieutenant in the Marines, where she led an entire platoon while deployed in Iraq. She is now a doctor of physical therapy and the founder of Movement Rx, offering support to wounded warriors and individuals with movement issues. Theresa travels all over the world as a speaker for the CrossFit Movement and Mobility course and is a consultant for the world-renowned MobilityWOD. She is a lululemon athletica ambassador, a LALO Tactical ambassador, and works with Team Red, White & Blue, LinderKids, The Resilience Project, the National Eating Disorders Association, and other nonprofits. She lives in San Diego, California.

Alan Eisenstock is the author of *Ten on Sunday: The Secret Life of Men*, *Sports Talk: A Journey Inside the World of Sports Talk Radio*, and *Inside the Meat Grinder*. In a career spanning twenty-five years, he has written movies, plays, magazine articles, and television shows. He lives in California.

Users Review

From reader reviews:

Frank Craver:

Do you have something that you prefer such as book? The e-book lovers usually prefer to opt for book like comic, quick story and the biggest an example may be novel. Now, why not seeking Warrior: A Memoir that give your satisfaction preference will be satisfied through reading this book. Reading behavior all over the world can be said as the way for people to know world much better then how they react towards the world. It can't be said constantly that reading addiction only for the geeky person but for all of you who wants to end up being success person. So , for every you who want to start reading as your good habit, you are able to pick Warrior: A Memoir become your own personal starter.

Ruth Brown:

Are you kind of busy person, only have 10 or maybe 15 minute in your moment to upgrading your mind talent or thinking skill possibly analytical thinking? Then you are experiencing problem with the book compared to can satisfy your limited time to read it because pretty much everything time you only find guide that need more time to be examine. Warrior: A Memoir can be your answer given it can be read by you actually who have those short time problems.

James Rodriguez:

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Michael Grammer:

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