

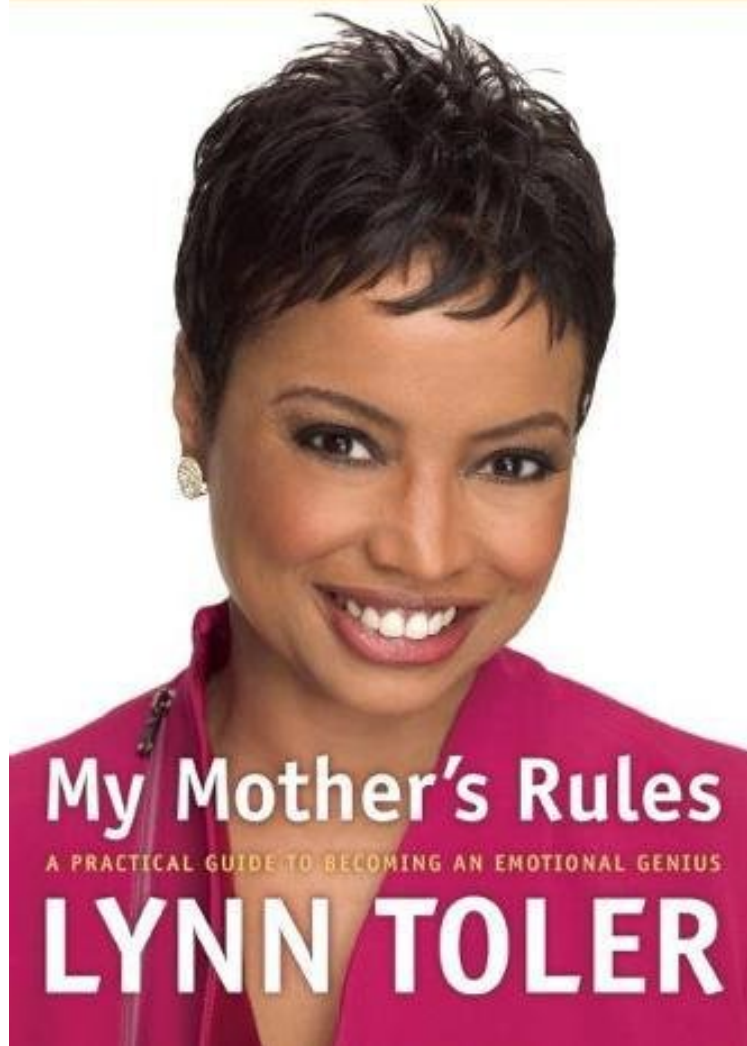
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# My Mother's Rules: A Practical Guide to Becoming an Emotional Genius

Lynn Toler

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Star of the nationally syndicated TV show *Divorce Court*



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#115417 in Books Agate Bolden 2007-01-26Original language:EnglishPDF # 1 8.75 x 6.00 x .50l, .59 #File Name: 1932841229300 pages | File size: 21.Mb

**Lynn Toler : My Mother's Rules: A Practical Guide to Becoming an Emotional Genius** before purchasing it in order to gage whether or not it would be worth my time, and all praised My Mother's Rules: A Practical Guide to Becoming an Emotional Genius:

4 of 4 people found the following review helpful. I love this practical guide to lifeBy CustomerI love this practical guide to life. Most helpful to me was the advice to get emotion out of the way and focus on situations like its business.

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In this unique, profoundly inspirational memoir, Divorce Court star Judge Lynn Toler shares her mothers wisdom for learning to conquer anger and become immune to insult. Toler credits her mothers rules for life a life that saw her grow up the daughter of a poor teen mother and endure a husband who suffered mental illness and alcoholism with providing the grounding for her own success and happiness. Toler shows how the mindset of a black woman who knew how to make things work taught her the power of knowing how to manage ones emotional businesslessons that this book offers in wrenching stories written in spare and graceful prose. My Mothers Rules is an unforgettable book that will captivate readers with its illustrations of how to rise above the most difficult circumstances and find peace and success in life.

From Publishers WeeklyEasy-reading prose and a no-nonsense approach will carry readers through this collection of anecdotes and rules for healthier living from first time author and Divorce Court star/judge Toler. As the title implies, Toler draws heavily on lessons learned from her mother, some of which, such as the revelation that Toler's mother "lies, both often and well, if she feels the truth will get in someone's way," will surprise. And while the stories of Toler's upbringing have their merit, the book's strength lies in the sober, no-nonsense advice: "The Peanut Gallery Rule" asks whether "you would still be doing what you're doing if other folks could see," while Toler's suggestion to "Globalize Your Pain Quotient" makes most quotidian frustrations seem petty. The rules, many of which are accompanied by their own mini-vignette, are explained at the end of each thematic chapter and are all re-listed at the end of the book for easy browsing. Readers looking for real-world direction could do much worse. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.About the AuthorLynn Toler received her BA from Harvard and her JD from the University of Pennsylvania before spending ten years as a practicing attorney, and then seven years as administrative judge of Cleveland Heights Municipal Court. In 2001, she hosted the TV show Power of Attorney, and beginning September 2006, she is the new star of the syndicated hit Divorce Court.