



Hustle and Heart

Kailyn Lowry

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New York Times bestselling author and **Teen Mom** Kailyn Lowry shares stories from her own life and offers up inspiration and advice for life's challenges.

As a small-town girl turned teen mom, reality TV star, bestselling author and social media celebrity Kailyn Lowry has been through some crazy ups and downs. Now she's sharing the inspiration that got her through it all.

Hustle and Heart is packed with motivational inspirational messages, personal advice and relatable experiences for those making their way through life's challenging mix of joy and hardship.

From bullying, sexual assault and body image to motherhood, marriage and career challenges, Kailyn wants you to know that there's nothing you can't survive—with a little bit of hustle and heart.

Hustle and Heart Details

Date : Published November 22nd 2016 by Post Hill Press

ISBN : 9781618688156

Author : Kailyn Lowry

Format : Hardcover 160 pages

Genre : Nonfiction, Autobiography, Memoir

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From Reader Review Hustle and Heart for online ebook

Ashley says

This was a good and inspirational book. It has a lot of interesting points and quotes. Really enjoyed it. This was nothing like her first. Highly recommend this. It gave me whole new perspective on kail

Deanna Summers says

Some generic and vague self help advice and some slight rehashing of “Pride over Pity”. And easy quick read.

Alexandra A says

There is no reason for this book to exist. I didn't learn anything new about Kail. Majority of the book was a rehash of her first book. She gives a lot of self help advice but no one in their right mind would ever take advice from this woman. Lame!!!!

Lorena Barreda says

I read Kailyn Lowry's previous book so I felt like this book was basically a rewrite of the first one. I'm disappointed.

Jenna Nickerson says

Thankfully this was only a two-hour audiobook because if it were longer I probably would have DNF it. It was pretty boring and more of a self- help book than anything. I didn't learn anything new about Kailyn.

Jamie Witko says

Good read

It's amazing how Kail has changed from Pride Over Pity, to Hustle And Heart. Such an inspiring journey, and some wonderful words of wisdom from a girl who has been through so much! Thanks for sharing your story, and thank you for the inspiration! As a young mother myself, I can relate a lot to some of the things in this book, but you can never stop learning. Can't wait for the next

Crystal says

Read this as a fan of the Teen Mom franchise. I have not read anything else she's written. There was some nice insight in to her life which I enjoyed, and it was nice to kind of get a view in to what her thought process is. However, this did read more like a personal journal or a psychology homework assignment on introspection. That's not necessarily bad but I do feel her editor did her some injustice.

Monica says

I thought this book was another memoir, but it was a book full of things she has learned through her lifetime and advice to help the reader if they are going through similar situations. Kailyn's advice throughout this book can definitely help people who are going through a tough time in any type of relationship they have, whether it be with family, friends, or significant others. I ended up enjoying this book a lot more than I thought I would, and I also learned some things too. If you are a fan of Kailyn, I would definitely suggest picking this book up.

Lou says

2.5. Thought this was another autobiography but was just self help advice really. Not what I wanted to read at all

Erin Beene says

The first half was mostly flowery writing. Seemed like a self help book. With a lot of " just be who you are", "follow your heart", " being happy for you is the most important thing" type stuff. I had to force myself through it, mostly skimmed to be honest. Although I don't expect the Teen Mom authors to be amazing writers I read Kail's last book and enjoyed it. This one not so much. The second half was better, got a little bit more into her life. Idk not a one.

Kayo says

I'm glad I got this at the library, because its not worth much. This book didn't have much substance. Flowery advice that anyone with common sense has heard a hundred times. Don't waste your time!

Beth says

This book is clearly a money grab from her fans £15!!!! for a tiny book!. full of obvious advice and lacking any real substance or depth, so glad i was able to return this rubbish.

Carissa says

I felt like it was a summary of her last book with the only difference is now she had 2 kids to talk about. It was motivational in some areas and a good read overall.

Briana says

Great book

Stefanie Lapierre says

I loved Pride Over Pity, so maybe my expectations were a bit too high for Hustle and Heart. It was a quick read and Kailyn had some wise words (I loved the part written directly to the boys) but something was missing. Maybe it would've been better with more detailed stories and a bit of humor.

Still, I'm proud of how far Kailyn has come and I look forward to seeing her continue to shine in the future.
