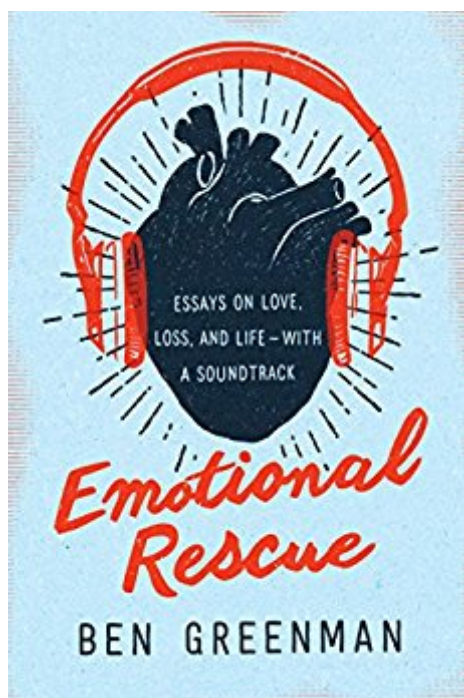


The book was found

Emotional Rescue: Essays On Love, Loss, And Life--With A Soundtrack



Synopsis

What songs have made up your life's soundtrack? Which have captured your every mood and deepest sentiments? Pop music, like no other form of entertainment or art, is capable of articulating our feelings, desires, joy, and pain. In a few soul-grabbing minutes, artists from every genre—from Little Richard to Lou Reed, Willie Nelson to Wu-Tang Clan, Sly and the Family Stone to the Rolling Stones—can help us understand our place in our own lives. This collection of short, sharp essays by New York Times bestselling author Ben Greenman (*Mo Meta Blues*), organized around a thematic playlist of songs, serves as a reminder of the lyrical power of songwriting and the sonic ability of pop to capture the human experience. Greenman's wit, insight, and honesty are as sweet and satisfying as the hits (and the deep cuts) at the center of each essay.

Book Information

File Size: 7445 KB

Print Length: 250 pages

Publisher: Little A (August 1, 2016)

Publication Date: August 1, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01AAAKSU6

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #64,232 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #4

in Kindle Store > Kindle eBooks > Arts & Photography > Music > Musical Genres > Soul #9

in Kindle Store > Kindle eBooks > Humor & Entertainment > Pop Culture > Music #9

in Kindle Store > Kindle eBooks > Arts & Photography > Music > Musical Genres > Popular

Customer Reviews

As a listener of all types of music, I was initially excited about this non-fiction essays centered around music and life's great emotions. Sadly Greenman's *Emotional Rescue* falls short of

expectations--by sprinkling both personal events and song lyrics into one book, he fails to delve into either deeply. The book itself covers 32 essays over 200 pages. Each essay introduces 2-5 songs initially while the narrator describes a pithy theme (e.g. Fear/Bravery) with song lyrics to encapsulate the most poignant moment. Admittedly the range of songs is impressive, and the author's love for music shines clear. For me, there is a big disconnect between reading the song lyrics on a page versus intimately knowing a song and having it resonate in your life, which is what the narrator intended. After dramatic situations are introduced (breakups, death, observing a sad stranger in an airport), the narrative often dodges by trotting out yet another lyric on paper or by pondering abstract concepts aimlessly (e.g. what is sadness?). Each pithy essay then ends unresolved and empty, leaving me frustrated as the cycle begins again. I wish he had picked a smaller number of topics and expanded on them as characters seem to flit in and out without warning. I wish he had covered the songs themselves more deeply and explained the history in which this song came into fruition. Without either of these, the book comes across as unmemorable and rushed. UPDATE (7/2): I received early access to this book through the Kindle First July books.

I thought that I would receive something different from reading this book. Perhaps suggestions of music that the author had found helpful in dealing with love, loss, and life. The musical recommendations were wide reaching in both time and type of music. Many of the artists I was unfamiliar with (not the author's fault). However, I don't feel compelled to listen to any of the music by musicians that I am unfamiliar with based on this book. There were a couple of essays that resonated with me but overall I can't say that I would recommend this book to friends.

There were moments of light in the book which gave me hope to keep reading on but the words became sludge and just wore me down with music trivia and not-so-fun facts that just eventually wore me out. The author loves music, that much is clear, and he has had some interesting views on life through the eyes (lyrics) of music. But his attempt to combine the two seemed at times like he went to his diary and wrote from the heart and just threw musical references in to try to solidify his emotions. The essays and memories were at times so shallow that the heavy and emotional lyrics he tied to them sunk them like an anchor. Also... how many times as an adult does a guy pretend to be asleep? I felt like he intentionally picked songs that 85% of the mainstream public has never listened to in an effort to prove he's a true audiophile. I felt like I was "looking at the names of colors instead of the colors themselves".

I want to read this book again. Research the songs while reading the book and listen to the music and lyrics. I love this kind of book.

Not sure what I thought I would be receiving when I signed up for this particular goodreads giveaway; pretty sure it wasn't this though. The author does take a grouping of songs which he lists and gives all information about (thank you) and then proceeds to explain how they are connected in this chapter (i.e. Publicity/Privacy). I enjoyed the book even though I only knew a handful of the artists and even fewer songs. It did take me out of my comfort zone for reading and I am thankful for that.

Disclaimer: I received a free copy via Goodreads Giveaways in exchange for an honest review. As the title indicates, this book is centered around music and how it relates to aspects of our lives. I like the setup for the chapters. Each one starts with a heading page introducing the topic(s), the next page lists music selections the writer associates with the topic, and then there is an essay about it. Sometimes the topics seemed loosely connected to the music selected, although I was not familiar with many of the songs. That didn't stop me from enjoying the writing because the pertinent details of the music are discussed. I ended up reading this book on my phone, which is the first time I've used it in that capacity. This book lent itself really well to doing so. Each chapter is relatively short, taking about 5 or 6 minutes to read. So it was pretty easy to open it up and read a small chunk when I had an opportunity without dropping out in the middle of a chapter. I could digest it in smaller chunks rather than trying to sit down and read the whole thing in one go. This gave me some time to reflect back on what Greenman was trying to say at times, which may have made it more enjoyable for me. His writing reminds me a bit of Chuck Klosterman without being quite so cynical. There are times where his stories put me off, but the honesty behind them kept me reading. He talks quite a bit about how he relates to music. It really is about relationships though. Whether it is something that he experienced directly, or just something he noticed through song or from watching others, there is insight here that should resonate with readers. It is a very personal journey and I'm glad to have had a chance to tag along.

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