



## Always Squeezing Lemons

Taking Responsibility to Define Your Own Success

by Kayla Logue



Non-Fiction - Memoir

158 Pages

Reviewed on 08/04/2024

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## Book Review

**Reviewed by Jamie Michele for Readers' Favorite**

In *Always Squeezing Lemons*, Kayla Logue details her transition from a seemingly successful life, including a stable marriage and career, to a journey of personal transformation. Initially feeling unfulfilled despite outward success, she recognized the need for change and addressed toxic elements in her marriage. Encouraged by her sister, Logue began journaling in June 2020, which became a crucial tool for processing her emotions and personal growth. She confronted past traumas, unhealthy relationships, and learned to set boundaries. After a career change and moving to North Carolina, a serious car accident prompted deeper reflections on authenticity and purpose. By mid-2022, Logue excelled in real estate but realized her focus on success had overshadowed personal values. In 2023, she sought to reconnect with her core purpose, emphasizing self-fulfillment and support from loved ones while establishing her non-profit, *Move Into Word*, to promote journaling and self-discovery.

There is so much to love about *Always Squeezing Lemons* by Kayla Logue, but I have to begin with her amazing ability to communicate with a reader at a deeply personal level. Logue is a conversational writer, and whenever I sat down to consume another piece, it felt like I was having a chat with a friend. Logue comes across as friendly, relatable, and, most importantly, authentic. My favorite part of this self-help memoir and guide is the "Lemon Drop" sections, in which she succinctly pulls together the key messages from the chapter. By distilling these ideas into a brief, impactful statement, she reinforces their themes and makes them easier to remember and apply. Similarly, the journal prompts create a spectacular framework for introspection by providing specific questions to consider and to evaluate our own situations. Everything Logue shares is practical, helping readers to implement the advice in a meaningful way. Cleanly written and useful, I'd give this book a whole bucket full of stars if I could.