

## Warrior Won

**Meryl Davids Landau**

Alignment Publishing (May 21, 2019)

Softcover \$15.00 (315pp)

978-1-936586-48-6

In yoga, the warrior pose is about seeking balance. It's no wonder, then, that Meryl Davids Landau's novel *Warrior Won* is about a woman contemplating her spiritual beliefs in the face of devastating news.

Lorna seems to have it all: a great job, wonderful friends, a caring husband, a growing family with a second child on the way, and a spiritual faith centered on meditation, mindfulness, and gratitude. That changes when Lorna learns that her unborn child may have an incurable genetic disorder. As she looks for answers, Lorna turns to her faith to help her through.

Lorna falters as she pursues understanding, and she feels frustrated when her judgmental mother calls and worried when something goes wrong at work. Such scenes draw a more complete portrait of Lorna and provide moments for her to receive grace from those around her, as when she faints, revives, and finds someone standing over her with concern.

Lorna's inner narrative is strong and natural, even when she proves self-effacing. She opens herself to learning—in one case, describing meditation to live music and how it moves her to reconsider some of her beliefs. Her conversations with others are witty and friendly, achieving an engaging cadence, though Lorna's story is about more than just clever talk. Detailed scenes build toward a cohesive apex because of her decisive actions.

Spiritual themes—Lorna's faith is built on New Age beliefs that affirm individual responsibility and encourage future-building through visualization and affirmations—make the book all the stronger. Facing her unborn child's disease, Lorna must reconcile her beliefs to her lack of control.

*Warrior Won* is spiritual fiction that is both compelling and fun, showing that faith may just be enough in the face of uncertain life challenges.

KATERIE PRIOR (July/August 2019)

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