

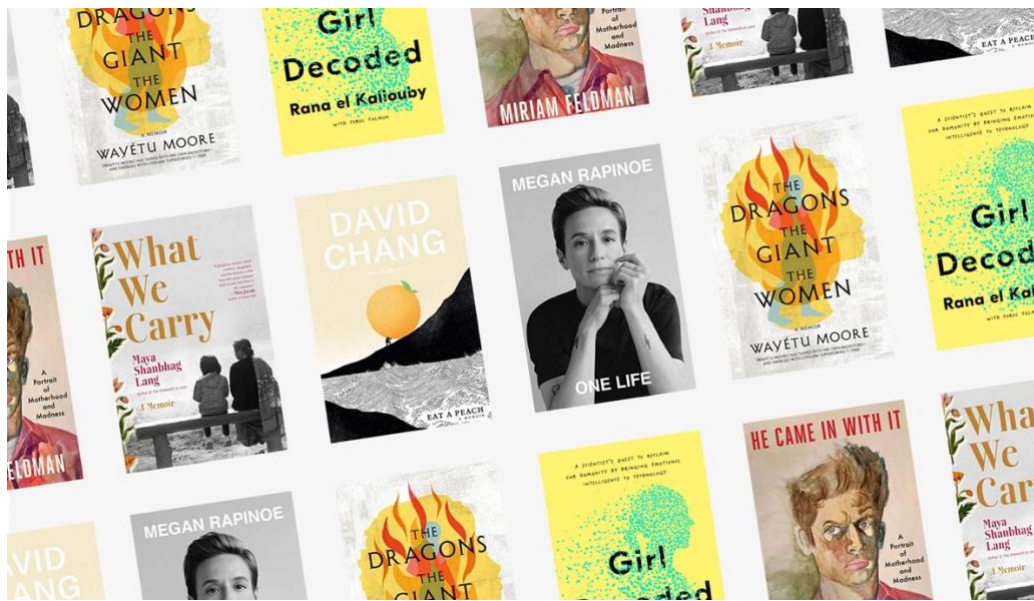
# Parade

(7.27.20) – <https://parade.com/1064902/meganoneill/best-memoirs-2020/>

## Ready to Get Real? These Are 24 of the Best Memoirs to Read This Year

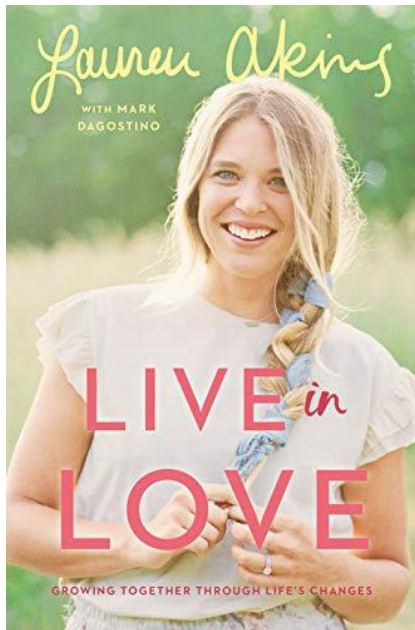
July 27, 2020

Megan O'Neill Melle



Yes, we're deep into our stack of [fiction](#) because we can all use a n escape from 2020, but there's something about memoirs that brings you back up to the surface, ready to be inspired, [motivated](#) and proud of the tremendous things people are able to accomplish and the tragedies they're able to overcome. We've scoured the year's releases to bring you some of the **best memoirs** 2020 has to offer. Happy reading!

**Live in Love: Growing Together Through Life's Changes**



*Live in Love* by Lauren Akins: Country star Thomas Rhett skyrocketed to fame with his single “Die a Happy Man,” written about his romance with childhood sweetheart and now wife Lauren Akins. But with newfound fame (and a #relationshipgoals label), it also left her wondering how to find purpose outside of their marriage. Akins’ first book is an intimate glimpse into her relationship, her work in Uganda and balancing motherhood and adoption, much of which has not been made public before.