

# Untamed Book Summary, by Glennon Doyle

by Allen Cheng

<https://www.allencheng.com/untamed-book-summary-glennon-doyle/>

Want to learn the ideas in Untamed better than ever? Read the world's #1 book summary of Untamed by Glennon Doyle here.

Read a brief 1-Page Summary or watch video summaries curated by our expert team. Note: this book guide is not affiliated with or endorsed by the publisher or author, and we always encourage you to purchase and read the full book.

## Video Summaries of Untamed

We've scoured the Internet for the very best videos on Untamed, from high-quality videos summaries to interviews or commentary by Glennon Doyle.

<https://www.youtube.com/watch?v=v1ZDlcR73c0>

<https://www.youtube.com/watch?v=XhOxjFaga78>

## 1-Page Summary of Untamed

### Overview

When you're feeling down, it can be hard to remember what it feels like to feel good. The same is true when you're on top of the world—those days when you can't get out of bed seem like a bad dream. Keeping a diary and noting how your mood fluctuates helps give some perspective that will help you if you need help getting through those low times.

Have you ever felt trapped by your own life? Like you've built a life designed to please other people and neglected your desires? Glennon Doyle was very familiar with that feeling. She'd completely forgotten to ask herself, "Is this really what I want?"

When Doyle fell in love with another woman, she had to unlearn everything she'd been taught about living a good life. She started listening to her intuition and built a new life that fit with who she was.

The author details the key points of his story and how he did it, which will allow you to hold up a mirror to your life and identify areas where you are not free. It will also give you strategies for becoming untamed, embracing your desires, and designing a fulfilling life.

Glennon Doyle shares three key points about her life. First, she was able to embrace her sexuality and get

closer to God. Second, she was able to start detoxing from racist beliefs by getting pregnant. Third, having a child saved her life.

### **Big Idea #1: The author of a memoir about her marriage fell in love with another woman.**

Have you ever had a life-changing experience? Glennon Doyle certainly has. She met an American soccer player named Abby Wambach, and it changed her life.

Doyle was married and had never been attracted to another woman before. But as soon as she laid eyes on Abby, she felt a strong attraction that she couldn't ignore.

Glennon Doyle writes about her marriage in a memoir, but she also fell in love with another woman.

Doyle was a popular Christian blogger and writer who had millions of followers. Her blog was popular for its honest advice on marriage and parenting, which she provided to her readers. She also published a book called *Love Warrior* that detailed how she and her husband managed to save their marriage after he cheated on her multiple times. The book painted a picture of the ideal family life with no problems whatsoever.

Although things seemed great, they weren't. Craig's marriage lacked intimacy and he didn't actually feel attracted to his wife.

Doyle was reluctant to promote her book, *Love Warrior*. However, she had to do it because of her promotional duties. She was scheduled to give a presentation at a national book conference and met Abby Wambach there for the first time. Doyle couldn't take her eyes off Wambach because she is an ex-professional soccer player who wrote a memoir herself.

As soon as she saw Abby, Doyle heard a clear voice in her head saying that this was the person she'd been looking for. Abby went around the room shaking hands with everyone and when she came to Doyle, it felt like they already knew each other. She hugged Abby even though they were strangers because it felt like coming home.

Abby and Doyle were both single, so they went out on a date. They found that they had a lot in common and felt an instant connection with each other. When Doyle touched Abby's arm, she got goose bumps because it was the first time she'd ever been touched by someone she liked.

### **Big Idea #2: Doyle suppressed her true nature because she wanted to fit in with a sexist society.**

A few years after Doyle met Abby, she and her children went to the zoo. There, they saw a cheetah that was beautiful but seemed sad because it was forced to chase fluffy toy animals around for people's entertainment.

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