



Love Is a Mix Tape: Life and Loss, One Song at a Time

By Rob Sheffield

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Mix tapes: Stick one into a deck and you're transported to another time in your life. For Rob Sheffield, author of *Turn Around Bright Eyes* that time was one of miraculous love and unbearable grief. A time that spanned seven years, it started when he met the girl of his dreams, and ended when he watched her die

in his arms. Using the listings of fifteen of his favorite mix tapes, Rob shows that the power of music to build a bridge between people is stronger than death. You'll read these words, perhaps surprisingly, with joy in your heart and a song in your head—the one that comes to mind when you think of the love of your life.

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Love Is a Mix Tape: Life and Loss, One Song at a Time By Rob Sheffield Bibliography

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Editorial Review

From Publishers Weekly

Starred Review. A celebratory eulogy for life in "the decade of Nirvana," rock critic Sheffield's captivating memoir uses 22 "mix tapes" to describe his being "tangled up" in the "noisy, juicy, sparkly life" of his wife, Renee, from the time they met in 1989 to her sudden death from a pulmonary embolism in 1997. Each chapter begins with song titles from the couple's myriad mixes—"Tapes for making out, tapes for dancing, tapes for falling asleep"—and uses them to describe a beautiful love story: "a real cool hell-raising Appalachian punk-rock girl" meeting in graduate school a "hermit wolfboy, scared of life, hiding in my room with my records," and how they built a tender relationship on the music they loved, from the Meat Puppets to Hank Williams. Their bond as soul mates makes his reaction to her death deeply moving: "I had no voice to talk with because she was my whole language." But Sheffield's wonderful, often hilarious and lovingly detailed stories about their early romance and their later domestic life show how they created their own personal "mix tape" of life in the same way a music mix tape "steals moments from all over the musical cosmos and splices them into a whole new groove." (Jan.)

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From [Booklist](#)

Sheffield was a "shy, skinny, Irish Catholic geek from Boston" when he first met Renee. Southern born and bred, "she was warm and loud and impulsive." They had nothing in common except a love of music. Since he made music tapes for all occasions, he and Renee listened together, shared tapes, and though never formally planning to, married. On May 11, 1997, everything changed. He was in the kitchen making lunch. Suddenly, she collapsed, dying instantly of a pulmonary embolism. Devastated, he quickly realized that he couldn't listen to certain songs again, and that life as he knew it would never be the same. Fun and funny, moving and unbearably sad, Sheffield's account at its quirkiest, and because of his penchant for lists, is reminiscent of Nick Hornby's novel *High Fidelity* (1995). Anyone who loves music and appreciates the unspoken ways that music can bring people together will respond warmly to this gentle, bittersweet reflection on love won and love irrevocably lost. *June Sawyers*

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Review

"No rock critic- living or dead, American or otherwise- has ever written about pop music with the evocative, hyperpoetic perfectitude of Rob Sheffield. **Love is a Mix Tape** is the happiest, saddest, greatest book about rock'n'roll that I've ever experienced."

—Chuck Klosterman, bestselling author of *Fargo Rock City, Sex, Drugs, and Cocoa Puffs, Killing Yourself to Live and Chuck Klosterman IV*

"This is a lightly-handed, skillful and sincere celebration of pop, of love, sad songs, bad songs and the long, nearly unbearable ache of being a young widower. Witty and wise; a true candidate for the All-Time Desert Island Top 5 Books About Pop Music."

—*Kirkus*, starred review

"I can't think of many books as appealing as Rob Sheffield's **Love is a Mix Tape**; Sheffield writes beautifully about music, he's hilarious, and his story is alternately joyous and heartbreaking. Plus, everyone knows there's no better way to organize history and make sense of life than through the mix tape."

—Haven Kimmel, bestselling author of *She Got Up Off the Couch, A Girl Named Zippy* and *The Solace of*

Leaving Early

“A celebratory eulogy of life ‘in the decade of Nirvana.’”

—*Publishers Weekly* « starred review

“Sheffield’s description of Renée’s brilliant eccentricity and lovable quirkiness causes the reader to fall in love with her just as he does.”

—*Library Journal* « starred review

“A glorious elegy to a pop culture-blessed decade and a tender, unforgettable tribute to the power of love”

—*The Miami Herald*

“Humorous, heartbreakin, and heroic.”

—*Entertainment Weekly*

“Sheffield writes elegantly without turning it into a depressing tale of love stolen away too soon. . . . Wry and sardonic, even in his suffering, he’s the tragic romantic who never gets overwrought.”

—*Newsweek*

“The finest lines ever written about rock ‘n’ roll . . . Like that song on the radio, every word of Rob’s book is true. Love is a mix tape.”

—*Rolling Stone*

“Many of us use pop culture as a mirror of our emotional lives, but Sheffield happily walks right through the looking glass.”

—*Los Angeles Times*

Users Review

From reader reviews:

Donald Kelley:

What do you ponder on book? It is just for students as they are still students or the item for all people in the world, what the best subject for that? Merely you can be answered for that concern above. Every person has various personality and hobby for each other. Don’t to be forced someone or something that they don’t would like do that. You must know how great in addition to important the book *Love Is a Mix Tape: Life and Loss, One Song at a Time*. All type of book are you able to see on many sources. You can look for the internet options or other social media.

Thomas Smith:

As people who live in the particular modest era should be change about what going on or info even knowledge to make all of them keep up with the era that is certainly always change and move forward. Some of you maybe can update themselves by examining books. It is a good choice for yourself but the problems coming to you is you don’t know what kind you should start with. This *Love Is a Mix Tape: Life and Loss, One Song at a Time* is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and wish in this era.

William Barnett:

The book Love Is a Mix Tape: Life and Loss, One Song at a Time has a lot of knowledge on it. So when you read this book you can get a lot of help. The book was authored by the very famous author. McDougal makes some research ahead of writing this book. This particular book is very easy to read and you can obtain the point easily after reading this book.

Rosalie Cox:

People live in this new moment of lifestyle always aiming to and must have the extra time or they will get a wide range of stress from both everyday life and work. So, whenever we ask do people have free time, we will say absolutely yes. People are human not just a robot. Then we consult again, what kind of activity are there when the spare time comes to an individual of course your answer will probably be unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, the actual book you have read is definitely Love Is a Mix Tape: Life and Loss, One Song at a Time.

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