



The One & Only by Emily Giffin - A 30-minute Instaread Summary

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With Instaread Summaries, you can get the summary of a book in 30 minutes or less. We read every chapter, summarize and analyze it for your convenience. This is an Instaread Summary of 'The One & Only' by Emily Giffin. Below is a preview of the earlier sections of the summary: Chapter One Shea is at Mrs. Carr's funeral. Mrs. Carr was her best friend, Lucy's, mother. Mrs. Carr's husband is Coach Carr, the football coach at Walker University. Coach Carr was like a father-figure to Shea while she was growing up. After the funeral, Lucy asks Shea to ride to her parent's house with Coach Carr because she does not want him driving alone. Shea has a boyfriend named Miller and she is unsure if she loves him. Chapter Two Coach Carr drives Shea to his house. He seems composed, but Shea realizes that he is faking a calm composure to make Shea feel comfortable. Lucy resents the fact that her and Shea's parents tried to brainwash them into supporting the Walker University football team. Shea does not mind because she has always supported them. That night, the Carrs, Shea, and Shea's mother talk about Mrs. Carr. The conversation changes to Shea and Miller's relationship. Nobody thinks Miller is good enough for Shea because he smokes marijuana and he is unintelligent. Miller sends a text to Shea telling her he left his jacket at the Carrs' house, so he is coming to get it. Lucy asks Miller if he thinks he and Shea are compatible. He insists that they are. Shea retrieves Miller's jacket and tells him that they need to leave. Chapter Three While thinking about Mrs. Carr's death, Shea realizes that she is dissatisfied with her life. She wants to be a sports writer, but her loyalty to Walker University and Coach Carr keeps her in Walker, Texas. Shea has idolized Coach Carr like most girls do their fathers. Her earliest memories of her own father are of her parents arguing. Shea's father was already married when Shea was conceived, but he chose to remain with Shea's mother. However, he later cheated on her with his first wife. After the divorce, Shea's mother had a nervous breakdown and went to a treatment center. While she was there, Shea lived with the Carrs. It was during this time Shea began to worship Coach Carr. When Shea went to college, she learned that Coach Carr had groupies. She did not like them and felt possessive of her idol. When Shea arrives at her office, she finds a note that says Coach Carr wants to see her. He asks her if her passion is being the assistant sports information director, which is her current job. She tries to insist that it is, but he knows that she would rather be writing. He gives her the number of the sports editor of The Dallas Post, Frank Smiley. He recommended Shea for a job as a sports writer. Shea tells him she will call Smiley. Coach Carr tells Shea she is too good for Miller. She leaves his office, wondering how she is going to break up with Miller.

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