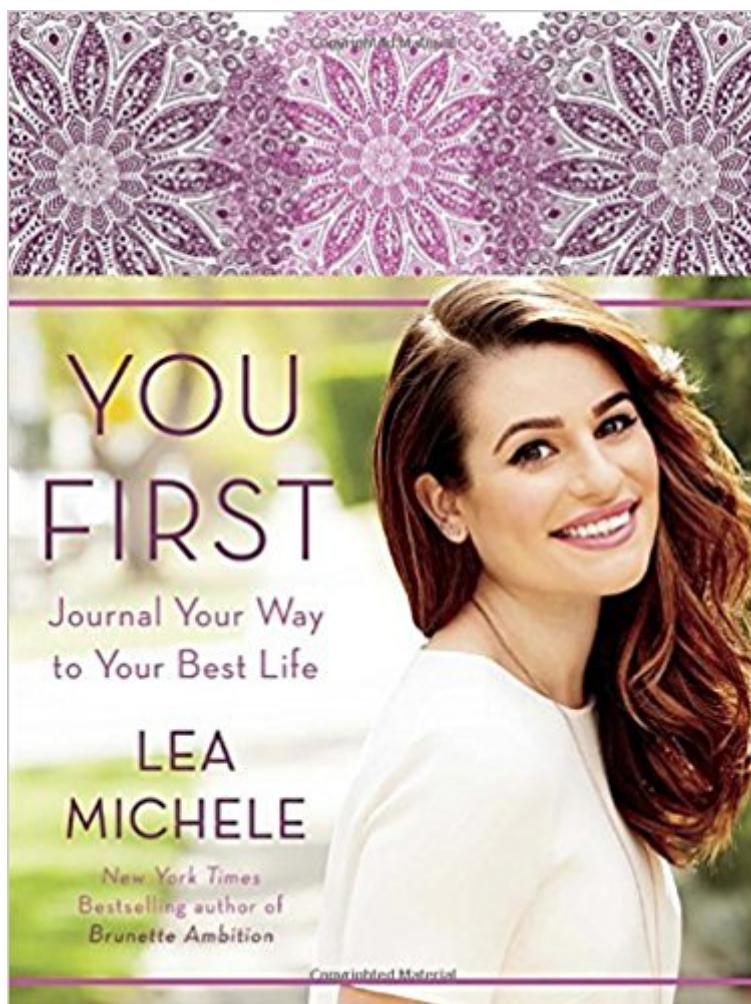


The book was found

You First: Journal Your Way To Your Best Life



Synopsis

Ã¢ “You firstÃ¢ “ is about respecting and understanding what you really wantÃ¢ “ and then going out to achieve it. In Brunette Ambition, Lea Michele shared a lot of the secrets and stories behind her success, and how she manages to live a balanced and healthy lifestyle despite her hectic schedule. Now, in her second book, she will teach readers how they, too, can be their best selves. In Lea’s opinion, keeping a journal and asking yourself the hard questions about what you want out of life is the best way to achieve your dreams, so she has outlined a series of exercises, prompts, and lists based on her own personal program. Lea’s guided journal will address all the topics she wrote about in Brunette Ambition, including fitness, diet, work, school, and relationships, but with all-new material to help readers reach their goals. Peppered between the advice and exercises will be fun personal anecdotes from Lea to motivate and inspire readers to put themselves first and live their best life.

Book Information

Journal: 240 pages

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Product Dimensions: 6.2 x 0.8 x 8.3 inches

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Average Customer Review: 4.1 out of 5 stars 56 customer reviews

Best Sellers Rank: #321,014 in Books (See Top 100 in Books) #223 in Books > Self-Help > Journal Writing #2245 in Books > Health, Fitness & Dieting > Mental Health > Happiness #3746 in Books > Self-Help > Motivational

Customer Reviews

LEA MICHELE is a best known for her performance as Rachel Berry on the critically acclaimed, Golden Globe-, Grammy-, and SAG-award-winning Fox television series Glee, as well as Ryan MurphyÃ¢ “s newest series, Scream Queens. She is the author of New York Times bestselling health and lifestyle guide, Brunette Ambition, and her chart-topping album Louder debuted at #4 on the Billboard 200. She has starred in four Broadway shows, and has been nominated for an Emmy, a SAG Award, and multiple Golden Globes. She lives in Los Angeles.

In her guided journal, Lea speaks with the same tone that you would expect from a close friend asking questions about your day to day life. She asks about your expectations, your values, and your goals. Her questions are open ended and nonjudgmental. The journal itself is broken up into four different sections, further broken into 3 chunks each. There is plenty of space for you to write your thoughts, and the colors are aesthetically very pleasing. However, not all sections may be relevant to you. The very first chunk is all about your family history and speaking to relatives. If you're anything like me, you don't have access to that knowledge. It was a bit disheartening to open straight to that. That being said, everyone will be able to find something of use in the pages of this book. The writing is generally very easy to read, most of the type is some various shade of purple. The book itself is beautiful, and the decorations are cute. There is a horrible cursive font that's used pretty frequently that's kind of difficult to read, but you get used to deciphering it. It's dedicated to Jonathan Groff, which I thought was super sweet. Over all, I think this is a great place to start for someone looking to organize their life and take control. This is a book dedicated to putting you first, and Lea does a great job of putting together fun quizzes and gentle prodding to make you reflect deeply on the choices you have made and will make in the future.

If you are interesting starting a journal it is a very nice starting off point. Insisting set up and open ended questions to get you started.

I really wanted a guided journal and thought this one would be perfect. Unfortunately, a huge portion of this one is very family focused. Since most of the book didn't apply to me it was mostly unusable for me. I would have liked something a lot more focused on figuring out ones wants and goals. Some parts were useful but even those aside, it really was very focused on family (where they are from, what they are like, etc..).

I love the journal and I was able to pre-order and get a signed bookplate through a promotion on Lea Michele's page. Got the book when expected in perfect condition.

Love this book so much! I adore that it's writing along with reading!! Beautifully written!!!

Everyone gets a little intimated by journaling. Blank pages with no sense of direction or what to write. I love this book simply because the questions and sections give me life. They make me truly think about what is important in life. I love that Lea wrote it too.

I am a huge fan of Lea's work, not really thinking this was a journal although it's on the title I guess I should have checked, I was excited since i thought it was her next book....but it's a great book regardless. I will continue to support her work no matter what.

I bought this for my son's teenage girlfriend, as a gift. It's a nice hardback book, with lots of questions to be answered by the recipient. Some of them won't apply to everyone's situation, but most are at least, thought provoking. The fact that it includes goal setting in multiple aspects of life is a plus.

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