



You First: Journal Your Way to Your Best Life

By Lea Michele

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'You first' is about respecting and understanding what you really want—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.

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Editorial Review

About the Author

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 Murphy'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.

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