



# Choosing Glee: 10 Rules to Finding Inspiration, Happiness, and the Real You

*Jenna Ushkowitz , Sheryl Berk*

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**Glee star Jenna Ushkowitz, a.k.a. "Tina," inspires fans to invoke positive thinking into everything they do in this inspirational scrapbook.**

Time to Gleek out!

Fans of the breakout musical series will flock to Ushkowitz's heartfelt and practical guide on how to be your true self, gain self-esteem, and find your inner confidence. In *Choosing Glee*, Jenna shares her life in thrall to performance, navigating the pendulum swing of rejection and success, and the lessons she learned along the way. Included are her vivid anecdotes of everything before and after *Glee*: her being adopted from South Korea; her early appearances in commercials and on *Sesame Street*; her first Broadway role in *The King and I*; landing the part of Tina on *Glee*; her long-time friendships with Lea Michele (a.k.a. Rachel Berry) and Kevin McHale (a.k.a. Artie); and touring the world singing the show's hits to stadium crowds. Peppered throughout are photos, keepsakes, lists, and charts that illustrate Jenna's life and the choices she has made that have shaped her positive outlook.

*Choosing Glee* will speak to the show's demographic who are often coping with the very stresses and anxieties the teenage characters on *Glee* face. Think *The Happiness Project* for a younger generation: With its uplifting message and intimate format, teens can learn how, exactly, to choose glee.

## Choosing Glee: 10 Rules to Finding Inspiration, Happiness, and the Real You Details

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Author : Jenna Ushkowitz , Sheryl Berk

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## From Reader Review Choosing Glee: 10 Rules to Finding Inspiration, Happiness, and the Real You for online ebook

### Christel says

I did NOT expect to give this a 5 rating. This book will be a sure hit for Gleeks, BUT so many people can benefit by this book because it was so well done. Jenna was so open not only about what she's done right, but admits what she's done wrong or what she's not proud of having done. Happiness is not only doing right but avoiding doing wrong - both as much as possible, but you have to LEARN from it all. Jenna learned from both right and wrong, and in a very well planned and executed book shares all she's learned so far. I received this book for free through Goodreads First Reads. Thanks for allowing me the opportunity to review this.

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### Danique says

Jenna is so inspirational and reading this book made me love her even more. :) I also adored how she added all these quotes from glee cast members and other friends and how she not only talked about her own life but also about her family and friends. I thought the part where she wrote about Chris and his courage was like the cutest thing ever. And I loved seeing all those cute and fun pictures as well, of course!

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### Chloé says

I confess myself, I'm a huge fan of Glee. I have been following the show religiously. I like the messages it conveys, the messages saying: you can be whoever you want to be, but you need to keep trying, the person you are is a beautiful one, no matter your sexual orientation, the culture you're from, you need to have confidence in yourself. more

Je l'avoue, je suis une fan de Glee. Je suis la télésérie religieusement. J'aime les messages qu'elle véhicule, ceux qui disent : tu peux être qui tu souhaites être, mais tu dois t'essayer, tu es une belle personne, peu importe ton orientation sexuelle ou la culture d'où tu proviens, tu dois avoir confiance en toi.plus

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### Stacey says

I am all about "Glee". So pre-ordering Jenna Ushkowitz's new book "Choosing Glee" was only natural. I have to say this book is just beautiful. The pictures of Jenna and/or the Glee gang is worth the purchase price alone. Jenna's offers up some fun background stories about her life and some Glee adventures. The book is about how Jenna stays positive and focuses on reaching her goals and being true to herself. Its presented in a fun, entertaining, and positive way. I do think the book could appeal to the younger audience as well as to the adult market. Most of her principles explained in the book can apply to both age groups. The only negative is that I think that the advice given could have been more detailed and maybe provided some further explanation. The chapter self evaluations were cute and practical and I really loved some of the quotes provided. The portion about Chris Colfer was especially poignant and beautiful. Darren Criss offered up a memorable quote and I loved Jenna's uplifting songlists. She also quotes a song that I find very meaningful to my life personally "Chasing Pavements" by Adele. Overall this book itself is quite a joy and I am

committed to following anything else Jenna may release.

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### **Lacey Pebbles says**

I read the book "Choosing Glee" by Jenna Ushkowitz and Sheryl Berk. "Choosing Glee" is about Jenna Ushkowitz, who is Tina Chang on the hit TV show Glee on Fox. She tells her about her life and how she got to where she is now. Also she tries to help you find inspiration, happiness, and who you really are. This book is really inspiring which makes it readable and great for anyone.

The author's purpose to this book is to inspire you to work hard, be happy, and be yourself. The theme of the book I think is to be who you are and go after what you want no matter how difficult or how unrealistic it seems, because you never know what could happen. She tells her story of how she got to be where she is now, as a main character on glee. She uses her story to inspire people to do the same, and follow your dreams. She explains how to be real you no matter what people think. Also she tells you how you can be happy, and why you should be. Jenna Ushkowitz wants to inspire her fans, followers, and anyone reading this book, which I think she achieved.

The style of "Choosing Glee" this book is exposition. It's written to bring out and explain a specific topic. Jenna makes "10 rules to finding inspiration, happiness, and the real you." That's her topic and she tells her story and explains to you how she found inspiration, happiness, and who she really is. Then, she encourages you to follow these 10 rules to find what she found. This makes the book really inspirational to anyone who reads it.

I really liked the book. I found it very inspirational. Also I got to know more about one of my favorite actors, Jenna Ushkowitz. I liked how she encouraged you to be yourself. I also liked how it was like a magazine. It had areas for you to fill in your thoughts and ideas too. It contained lots of quotes from many artists and songs that were motivating. I didn't dislike anything about this book. I wouldn't change anything either. I really enjoyed reading "Choosing Glee". It has inspired me to do better, be myself, be happy, and chase my own dreams. I suggest this book to anyone. That's my thoughts of the book "Choosing Glee" by Jenna Ushkowitz and Sheryl Berk.

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### **Mikala says**

Choosing Glee is empowering and life-changing; it is the perfect book to read when you're feeling unsure of yourself or a situation. And because I feel unsure of myself and life situations about 90% of the time, this was a helpful pick-me-up. It's like a fun self-help book for teens which I find to be totally awesome and there needs to be more books like this out there. Books that engage and help teenagers on their path to finding themselves. You don't have to be a Glee fan to enjoy this book because it doesn't focus on Glee; it just tells Jenna Ushkowitz experiences which coincide with her time on Glee and some of the things she's learned from her time there. If you are a fan it's definitely cool to see Jenna's backstory and some of the behind the scenes pictures. Speaking of the pictures, Choosing Glee was full of them which I absolutely LOVED! The colors, quotes and photos really just immerse you in this feeling of positivity; which everybody always needs more of! Being a GINORMOUS Glee fan I was totally hooked on this book and I really loved getting to know Jenna and learning something valuable and constructive from her.

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### **Claire says**

I won this book in a First Reads giveaway on Goodreads.

Choosing Glee is a cute book written by TV star Jenna Ushkowitz, who plays Tina on the popular show Glee. You don't have to be a Glee fan to enjoy this (but that would probably help to be honest.)

Choosing Glee is essentially a little guide to making yourself happier and making your life more positive. While it is a cheery little piece, it's a little cliché at times. There are "Heartwork Assignments" where you make lists of things that you like about yourself or your life goals and all of that. There are tips about destressing (play an upbeat song!) and how to tell your friends you don't like them anymore ('Listen, I think I need some time for myself, maybe we shouldn't hang out for a while.)

Glee fans will appreciate the personal touches that Ushkowitz includes in her book, including photos, quotes from her costars and personal stories about her life in show biz. I used to watch Glee (I quit after the second season) and I enjoyed this book as much as I could have without being a huge fan.

Overall, it's really just a typical teen advice book. There really isn't any groundbreaking advice in here and nothing particularly helpful. But it's cute. Ushkowitz has a personality that really shines through in her writing and Glee fans will appreciate all of her personal stories.

3/5 stars

Book review blog: <http://thebookgirlblog.wordpress.com/>

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## Emily Schirmer says

"[...] each of these goals takes an enormous amount of dedication and drive. Life gets in the way. Things happen to distract or deter you. That's when you have to ask yourself, 'How bad do I want it?' Anticipate the obstacles. Deal with the setbacks. If one path doesn't get you there, then try another. Just don't ever lose sight of what you really want."

\* \* \*

I absolutely adored this book. When I read it, I felt as though Jenna was right next to me in the room actually talking to me and only me. I wanted to highlight a quote or cut out an inspirational note from each and every page of this book and stick them on my wall. Everything she had to say was so inspirational. But it was more than that: it was honest and real. She openly shared her experiences that led her to change her attitude or adjust something in her life. She didn't write a book where she chose to falsely preach, and then leave you wondering whether or not she actually followed her own advice. It is clear that her inspiration comes from inside her and is something she has constantly worked on throughout her life. Her belief in herself makes me believe in her, and even more importantly, makes me believe in MYSELF. It is clear when reading this book that she wants to provide strength and support to the reader – that she believes in us, too! I fully plan on keeping this book with me at all times, long after I finish reading it – just to keep me strong and use as inspiration whenever I may need some. I would highly recommend this to anyone out there who needs a nudge to help find his/her inner strength, who enjoys watching Glee, who is a fan of Jenna Ushkowitz, or for anyone who just wants to read something positive and inspiring.

\* \* \*

"There have been many times in my life when I have been very confused. Have patience. Look for things that make you happy and smile every day. There is a passion and fire in each one of us, and you will figure it out. If you search hard enough, your calling will eventually find you. Until then, keep your eyes and your mind open—and be prepared to take a few leaps and fall on your butt."

## Mathilde says

Definitely one of the most inspirational books I have ever read.

Jenna is absolutely amazing, and she has changed my view of so many things. I will definitely read this again very soon and go through some of the stuff, and remember what she's said, because it has been surprisingly helpful and just brilliant to read.

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## Edwina Callan says

Received this book free through the Goodreads First-Reads giveaway site.

I have to admit that I've only watched the Glee TV show once and that was enough.

I know if I were in my teens or early 20's that I probably would have loved it, but at my age now ... nope, not for me.

I did enjoy this book though and love the idea of Jenna Ushkowitz using her fame to promote emotional well being in the young people out there. She gives some good tips on life in general and encourages the reader to work hard to get what you want.

Also, the book is packed with pictures for all of the Glee fans.

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## Audrey says

Maybe it's just because I'm a total theatre nerd, maybe it's cause Jenna is just that amazing, but this book was incredible. Wonderfully written, beautifully laid out, overall swell.

I already loved Jenna, now I love her more. She has taught me a lot in only 207 pages.

I definitely recommend this little gem! I couldn't put it down! :)

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## Alice says

So I read this book cover to cover in two hours; it's not a long book, and it's more something you would browse and look to, rather than sit down and read, in my opinion.

I LOOOOOOVE Glee, like, I REALLY love Glee, so I was more than excited to read this book. Jenna seems like a really cool person and her interviews always make me laugh, so I was more than willing to pick up this book.

Generally, it's a really interesting read, and it did make me feel more positive and happier by the end. The "behind the scenes" of Glee and the snippets from other Glee cast members were fun to learn about, and I liked hearing about how Jenna and Lea became friends. As a Glee fan, these were the most interesting parts of the book.

To be honest, I would have liked this book a bit more if it was just an autobiography of Jenna Ushkowitz's life, because those were the best bits. As much as I love her, I felt the self-help sections were a bit preachy, and I felt she didn't really have any authority to determine what makes me happy. I also felt the book was a bit vain, for want of a better word. She seems to brag about her accomplishments, and how successful and happy she is. She has every right to brag, I mean, she is pretty darn successful, but I don't really want to read

a book about someone telling everyone how fantastic they are, not that I think Jenna is vain, or this was intentional, I just felt sometimes it appeared that way.

However overall this book was fun to read, and different from others things I've read. I would recommend this book to any Glee fan.

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### Alex says

I'm a pretty big fan of *Glee*, or at least I was. (I didn't really like the last season and I have yet to watch any of this current season). In the beginning though, it was really fun and original.

Jenna plays Tina on the show, and when I saw she wrote a book I immediately wanted to read it. I can definitely say I'm a fan of her now. She seems like such a wonderful, positive person and I loved learning more about her.

The "rules" Jenna talks about are pretty standard, and if the book had just been that it wouldn't have been too interesting. Luckily, at least half of the book is more of a memoir and behind-the-scenes look at *Glee*. The pictures are absolutely gorgeous, and I really loved all the stories and quotes from the cast.

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### Tawny says

I read this book this evening, and I feel fantastic! Jenna says she hopes we find our own "personal brand" to happiness in this book. It holds such a positive vibe with its bright colors, tips, and anecdotes. I recommend especially for fans of Glee since it was written around the context of wrapping-up of the third-ish season.

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### Annabelle says

\*I received this book in a First Reads Giveaway. This has not influenced my opinion regarding the book in any way.

Jenna Ushkowitz is a truly inspirational person who is eager to impart her wisdom regarding life, even at such a young age. Her stories make you smile and admire her willingness to overcome adversity and pursue her dreams. Any Glee fans will love the references back to those in the cast and enjoy hearing the little stories of friendship between everyone.

The "heartwork" (rather than homework, because Ushkowitz knows we all *hate* that.) really allows you to take a step back and look at yourself. Are you being true to yourself? Are you being pro-active? Do you cope well with people and bad situations? *Are you truly happy?* In addition, Ushkowitz has little tidbits such as a yoga routine to really encompass mental, physical, and emotional joy. She includes everything one needs to be truly "gleeful"!

A must-read for any Glee fans, Jenna Ushkowitz's book emanates true "glee" and encourages anyone that reads it to evaluate his/her life and really try to live life happily. Definitely something to bring to the beach or pick up anytime one wants a light, enjoyable read!

