



How to Be You: Stop Trying to Be Someone Else and Start Living Your Life

Jeffrey Marsh

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This book is about how to finally give up on feeling bad about ourselves and discover the best person we can be.

An interactive experience, *How to Be You* invites you to make the book your own through activities such as coloring in charts, answering questions about how you do the things you do, and discovering patterns in your lives that may be holding you back. Through Jeffrey's own story of "growing up fabulous in a small farming town"--along with the stories of hero/ines who have transcended the stereotypes of race, age, and gender-- you will discover that you are not alone, can deepen your relationship with yourself, and find the courage to take a leap that will change your life.

How to Be You: Stop Trying to Be Someone Else and Start Living Your Life Details

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Author : Jeffrey Marsh

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From Reader Review How to Be You: Stop Trying to Be Someone Else and Start Living Your Life for online ebook

Noelle Kravitz says

Pros:

- Positive, upbeat voice
- little activities after each lesson
- Relevant examples from author's own life
- Information on people to know (Hero/ine)
- Good base for building positive thinking and self-esteem

Cons:

- sometimes felt persuasive, not instructive

Notes:

-If you feel like you need some comfort and positivity in your life right now, I'd recommend reading this. Marsh has an uplifting voice that gives a reassuring and supportive feel while both pointing out mindsets that don't work and giving some hard-to-swallow advice for those (including me) that are stuck in flawed societal norms and habits like a loving kick in right direction.

Meg - A Bookish Affair says

"How to be You" is a lovely new book that asks readers to participate in figuring out how they can be more comfortable with who they are and celebrating the idea of just being themselves. This is a fun book that I got a lot of myself. This book would be good for anyone who is looking to find a little bit of happiness!

Our guide throughout the book is Jeffrey March, a person who has really had to figure out how to be himself when the conditions he was surrounded by did not necessarily lend themselves to it. He has a great spirit and throughout the book, it feels like he is talking to you as a friend, which I really liked.

The exercises in the book are fun and insightful. I can see myself going back to this book over and over again as a resource and when I need a little inspiration. This book would make a great gift for someone special in your life. We all deserve to be able to be ourselves!

Sandy says

This self-help book had high energy and was very positive. It was very thin and each chapter was very short. Each chapter had activities to do and had personal reflections from the author and had a short stories also. This book is based on the author's own person journey so it is not fluff. I was impressed with the positiveness of the book. It is a simple book, not a lot of big words or hard things to follow, just simple tasks and positive energy. It is a great book to get you on your feet and moving forward.

Caidyn (SEMI-HIATUS; BW Reviews; he/him/his) says

Okay, I love this guy. They're great and inspirational. Like, seriously. If I'm having a bad day, I go to their Twitter or Vine to cheer up. So excited they're writing a book.

Jessica says

I wish I could go back in time and give this to any version of past me.

Emma Sea says

I really enjoyed reading this as an adult, and I will definitely buy and gift copies to kids and tweens who come into my life. I particularly like the sections on giving yourself space and time and attention to actually experience emotions. Wish I'd had this thirty years ago.

Liz says

I really liked the advice: The only way out is through.

Leann Mary says

I finished this lovely book in about two hours on Tuesday. If you're feeling overwhelmed with the way the world is going and could use a bit of positivity, buy this. It's a self help style book based on life lessons and Buddhist traditions but @thejeffreymarsh's positive attitude and radiance shines through on every page. It's a reminder if you're in a marginalized group (or not), to shine on. It's the book every weird kid wishes they had available to them in middle school.

Uge Saurio says

I don't usually like self-help books and I thought this could be the exception based on other reviews but then it wasn't. I'm not sure what I expected. I wanted to like it and read it with an open mind but still it felt off most of the time. Maybe I'm not the target audience? It has a lot of good things but it is not the good kind of obvious (and maybe even some bad advice at times). I'm sure it can help a lot of people, just not me.

Rygent Best says

I didn't complete the book. I got midway through. When I started the book I was having an issue grasping the tone of the writing. There were far too many short sentences that just reiterated what was said in the one

previous, and far far too many exclamation points. Alongside that, the book is written by a gay, gender nonconforming, person. Obviously THIS ISNT THE ISSUE because there is nothing wrong with this, but this book is aimed towards those that have similar life experiences. I personally have never had trouble accepting my gender, or sexuality, so I had a hard time connecting with this book and the author. I picked it up because I have lived a life filled with trauma, and serious mental health disorders, and have had a hard time finding who I am as a person. So I assumed (without checking written reviews and only looking at the stars) that this book would be beneficial to myself.

With this being said, if you are in the LGBTQ community or are having trouble expressing yourself or identifying who you are, this book should DEFINITELY be on your list of future reads. It includes snips of the authors personal life experiences and how they moved forward through them, and learned from them. They also don't say "do this and you'll be happy" because the writer wants you to find YOU first. While the book isn't for me, I'll still give it 4 stars for what the content can provide for its target demographic. But the writing style is kind of garbage so in good conscious I can't give it 5 stars.

Feather says

This is such an uplifting read and perfect for Pride Month! Jeffrey Marsh is a powerful youth advocate and a fantastic motivational speaker.

I would recommend this book to anyone who has ever felt judged, shamed, or ridiculed for being who they are. I would also recommend this to educators and anyone else who works with youth.

This book truly changed my perspective and outlook on the world for the better.

Lauren Tupper says

Started reading this book on a whim. Enjoyable but also pretty standard fare. 2.5/5.

Jenn says

I won this book. It's not a book I would have picked up on my own, but I expanded my bookshelf this evening and read it. The book is like an exercise in becoming your truest self. Marsh asks questions to make one think about who they truly are. Marsh asks the reader to do exercises in the book (designing a cape that represents the superhero you are inside, designing your perfect valentine). I'd recommend for a teen or young adult.

7jane says

This was a neat little book, loose enough to let one make out of it what one wants yet also giving helpful lines as to where to go. The purpose: to understand and accept yourself, deal with feelings (from bad to better, not feel so alone, to improve) and find ways to belong. Plus stories, answered question and small activities in each part: perfection, trust, knowing, emotions, punishment & control, haters, of the unknown, feeling good and keeping the knowledge of self found. Plus an appendic for teachers and other adults working with

children.

The writer is an online personality, not someone I know really, but certainly sounding very positive and cheerful.

The book can be repeated as much as one prefers. I certainly marked some pages I want to do later, and took many notes (I was a little surprised about that). It's a quick read, but taking it slow enough may make it more powerful. In these times, it's good to read a book like this.

Jessica says

My previous experiences with self-help books have been fairly terrible. Each time someone would come to me and put a book in my hand, while uttering the words "This book is going to change your life!", I've found the contents to be overly preachy. They've always had this miasma of insincerity hanging over them. Which is why, odd as it may sound, I decided to accept a copy of How to Be You for review. I wanted to try again, now that I'm a bit older. I wanted to see if there was a book out there that could change my mind. I owe huge, squishy hugs to Jeffrey Marsh for doing just that.

Marsh's tone is perfectly sincere, the entire length of this book. There's no judgement, and no "THIS IS THE WAY YOU BECOME HAPPY!" being thrown about on the pages. It's more an invitation to take a deep, introspective look at who you are as a person. This book engages the reader with stories from Marsh's own life, little snippets of wonderful hero/ine stories, and prompts to help build self-trust and self-acceptance. The tone is kept light, but it's the honesty here that really made me smile. It's even a bit silly at times, which really helped seal this as something that I wanted to experience. Marsh expresses over and over that being you should be fun! I don't think I'd ever really stopped to think about life that way before I read this book.

The chapter on expressing emotions particularly hit home for me. I love how this isn't for a particular age group, or ethnicity, or lifestyle choice, or anything of that nature. It's a journey for everyone. The chapter on expressing emotion shows this in brilliant color. Everyone feels emotions, sure. Reading through this portion really showed me that we don't stop to think about what those are, really. Or how to deal with them. Or how we don't deal with them. I've been on a personal mission to learn how to better express my own emotions, so it felt good to see printed on the page the fact that it's okay admit when you're feeling anything. Sadness, anger, all the "bad" emotions, are just as important to experience as the good. I needed that validation, and I didn't even know it.

Look, I'm being completely honest with you when I say that my favorite part of this book is just the idea that life is fluid. That's been a lesson that I've learned the hard way, through many a mistake and many an attempt to control the uncontrollable. I wish someone had handed me this book when I was at my darkest moment and just smiled, sat beside me, and let me read through it. Reading it now still helped immensely, and this is something I'll keep close for many more readthroughs, but also something I plan to go and put gently into other reader's hands. Self-care, self-acceptance, self-worth, are all important things that we forget to acknowledge. Marsh has written a beautiful book that reminds us to look inside, and enjoy the crazy, wonderful life we've been given.
