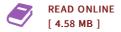


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Choosing Glee: 10 Rules to Finding Inspiration, Happiness, and the Real You

By Sheryl Berk

St. Martin's Griffin. Paperback. Condition: New. 224 pages. Dimensions: 9.0in. x 7.4in. x 0.7in.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 Ushkowitzs heartfelt and practical guide on how to be your true self, gain self-esteem, and find your inner confidence. In Choosing Glee, Jennashares 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 earlyappearances in commercials and onSesame Street; her first Broadway role in The King and I; landing the part of Tina on Glee;herlong-time friendships with Lea Michele (a. k. a. Rachel Berry) and Kevin McHale (a. k. a. Artie); and touring the world singing the shows hits to stadium crowds. Peppered throughout are photos, keepsakes, lists, and charts that illustrate Jennas life and thechoices she has madethat have shaped her positive outlook. Choosing Glee will speak to theshows demographic who are often coping withthe very stresses and anxieties the teenage characters...



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