



Me First: A Deliciously Selfish Take on Life

C. Nicole Mason

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Have you ever thought about what your life would be like if it revolved around you?

Me First: A Deliciously Selfish Take on Life is an unapologetic and hilarious perspective on what it takes to get to the top and to live life on your own terms. Before making any big decision such as getting into a relationship or choosing a career path—you will start with the most important question: What do I want? The second question you will ask is: How does this decision, action, or choice benefit me directly? If it's not what you want or does not benefit you directly, don't do it. At the heart of Me First is the belief that YOU deserve to be happy and fulfilled. Its "Delish-isms" will show you how to become the number one priority in your life and become smarter and more strategic about your relationships, career, health, and finances. Every chapter also contains "Kick Starters" to help you get moving in the right direction. How selfish, right? Absolutely! A deliciously selfish life means taking a step back from the craziness to figure out who you are and what you want, and once you do, to own it. Because the only person holding you back from getting what you want is you.

Me First: A Deliciously Selfish Take on Life Details

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Tracee says

I am so glad I bought this book. I am in a transition phase and this book is helping me determine and actualize my goals and what I want. In addition to giving good advice, the author gives us ideas to try to improve our lives.

Zakiya Ahmed says

It was a new experience from the books I usually read!

Denise says

I received this book for free through the Goodreads First Reads program.

I would recommend this book to any woman that is struggling to live a fulfilled life. Me First is written on the premise that in order to achieve your dreams you must learn how to put yourself first. This is something that is hard for many women to do. Dr. C. Nicole Mason teaches you how to get past the emotions and behaviors that keep you from putting yourself first. She also explains that you should stay focused on only doing things that benefit you and help get you to where you want to be in all areas of your life. Each chapter ends with kick starter activities that can help get you moving in the right direction. This book was very motivational. The author's writing style was very down to earth and I could relate to many of the points that were mentioned in the book.
