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Lead Yourself First!: Indispensable Lessons in Business and in Life

Michelle Ray

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This book is full of stories that will encourage you to live larger. If you are looking for hope, encouragement and inspirational ideas, you'll find them here.

MARK SANBORN, New York Times Bestselling Author, *The Fred Factor*

Lead Yourself First!

Indispensable Lessons
in Business and in Life



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1 of 1 people found the following review helpful. Your handbook to personal success By Zaidie B Whether you are heading a team or are the only one in your office this book is for you. "If I am not for myself, who will be for me. And being for my own self what am I? And if not now, when? The words of Hillel. Michelle's book talks this language and is a guide to help you achieve your goals. Look up for yourself, stick up for yourself, nobody else will. We all fall into

slumps or are afraid of the consequences of our actions. Lead Yourself First helps you to find the courage to be your best self and to take you to the places you want to be. This book is a handbook and you can go back again and again to find the encouragement you need. Personal stories and insights make this a very enjoyable read. This is not a dry business book, try it you'll definitely like what you read. 2 of 2 people found the following review helpful. A Handbook of Life By Alex Booth This book is worth investing in as it contains valuable life lessons both personally and professionally. The neat part is this book is not a "one and done" kind of read. It is definitely worth picking it up again and rereading to reinforce and check yourself that you are truly leading yourself first and not simply being lead by the emotion of the moment. I enjoyed the personal stories and insights the author shared to illustrate some of the lessons learned. 1 of 1 people found the following review helpful. Michelle Ray's book is a pure pleasure to read. ...By Jennifer Spear Michelle Ray's book is a pure pleasure to read. Through examples and stories she demonstrates how you can choose to overcome obstacles and fear and gives practical advice from the trenches. This book is practical reading for anyone regardless of title — as in order to effectively lead others, you have to Lead Yourself First. If you've seen Michelle speak then you have to read her book — you can hear her as she describes her work and life experiences.

Are you ready to be the leader of your own life? We live in a time of unprecedented economic and social turmoil. In the face of uncertainty and fear, we look to our jobs for security and to our leaders for inspiration. We aspire to a prosperous, stable future and strive to remain optimistic, but the stress of simply surviving — financially, professionally, and emotionally — can seem a relentless struggle. Consequently, we doubt ourselves and our capacity to be the leaders of our own lives — often opting for the status quo — because staying stuck is easier than creating change. We overlook this simple truth: If we remain true to ourselves, we can control our own reality. Lead Yourself First! is filled with engaging stories and advice to help people everywhere live life to the fullest and take the lead in any work or personal challenge. By applying Michelle Ray's simple, powerful life-changing lessons, you will discover how to influence and improve the quality of all your choices. Michelle Ray's "One-Two Punch" approach will inspire you to: Address the fear of success and eliminate the fear of failure; Rise above toxic behavior and situations; Gain new insights into your values about money, opportunity, and success; Discover your dream career or business and live it!

This book provides a new, compelling and action-oriented way to look at life. Michelle Ray combines her extensive experience in Leadership with a down-to-earth, practical approach to getting what you want. And it works. Bruce Sellery Financial Expert, Oprah Winfrey Network and Author of Moolala About the Author Michelle Ray is the Founder and CEO of the Lead Yourself First Institute. She is an in-demand international business keynote speaker, trainer and consultant who has worked with a wide variety of clients, helping them create effective business relationships and positive workplaces. Born in Australia, she resides in Vancouver, British Columbia.