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# FROM #SELFIE TO SELFLESS

**LIVING THE LIFE YOU WERE CREATED FOR**  
KRISTEN PERINO



Living in a world where “selfies” are glorified, personal opinions are amplified, and society is unashamedly selfish, where do we find our meaning and purpose?

This is not a self-help book. Kristen Perino has tried helping herself unlimited times, but it got her nowhere. So she writes *From #Selfie to Selfless* as a God-help book, because God rescues us in the chaos and changes selfish stories into legacies. Kristen knows a bit about that, she writes, because she has “nearly perfected the art of being selfish.” And she’s learned a few things along the way.

So while Kristen hasn’t written a self-help book, she *does* share many ways God has helped her become less selfish in all areas of her life, from social media to work to volunteering. And as she shares her mistakes and lessons, she encourages readers to consider how they may be selfish and open themselves to God’s help as well.

*From #Selfie to Selfless* takes an authentic, personal look at areas where we can quit the filtering frenzy and shift our gaze from inward to upward, resulting in a more fulfilled, confident, purpose-driven life.

Join Kristen in her journey from #Selfie to Selfless and discover the joy that comes with it. To help you on your own journey, each chapter ends with a few reflection questions and a #TruthToRemember.

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# About the Author

## **KRISTEN PERINO**

Kristen Perino is a Hawaii-born, California-raised youngest of three and a very proud auntie. With an incredible talent for running in heels and a knack for being perfectly imperfect, she obtained what she claims is a PhD in Selfishness from Self-Centered

University. Before that fictional PhD, Kristen attended California State University, Northridge, with a major in journalism, and then graduated from the Fashion Institute of Design and Merchandising in Los Angeles.

She's worked in the fashion industry for over a decade. During that time, God has given her a passion and mission field in LA. Her heart for leading young women to be all they were created to be, desire to spread authenticity in the Christian community, and drive to inject the world with love keep her happily zipping around her beloved City of Angels.

**Instagram:** [@selfietoselfless](https://www.instagram.com/selfietoselfless)

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# Suggested Interview Questions

For Kristen Perino author of

*From #Selfie to Selfless*

*Living the Life You Were Created For*

## **Q: How did you decide to write this book?**

**A:** Originally, when I got the nudge from God to start writing, I thought He had to have gotten the wrong girl. (I still think that sometimes.) I didn't go to seminary school. I'm not a pastor, nor am I married to one. I am not a finance genius, I am not a mother, and I don't have all the answers. God lovingly took my list of "I'm not's" and flipped that doubt so I could relate to other women that might share the same "I'm not's." I never mean to highlight my lack of qualifications, or to be self-deprecating, but I wanted to share that through God, I am qualified because he has called me. I am an ordinary girl, with an extraordinary relationship with Jesus. He told me that He was giving me a story to write, and He needed my voice, so I grabbed a pen and started writing. God made it very clear to me that I have perfected the art of selfishness, and that was my expertise to write about. (I find that God has a very funny sense of humor). He needs more selfless Christ-followers, so I am simply here to do the writing, and allow God to do the talking.

## **Q: Who did you write this for?**

**A:** I felt it was so important to reiterate the fact that I am 100% human, and I wrote this for other 100% humans out there. No super powers, perfectionism, or filters needed. I felt passionate about reminding the reader that God created them the way He did for a reason, because He has a divine and incredible plan that He will need their voice and skillset for. All we have to do is shift our focus from ourselves up to heaven. You may see flaws, but God sees fierceness. You may see mean comments on social media, but God is whispering loving words to you. You may see a messy past, but God's created a clear path for your future. You may see a period to mark the end of the sentence, but God sees a comma; He's not done writing yet.

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**Q: You've been very honest about not being "the average church-goer." Why is that message so important to you?**

**A:** It took me a long time to figure out that being a Christian is not a "one-size-fits-all model." Every person's walk with Christ is going to look different because He created us so uniquely beautiful. I felt that I had to fit a certain mold; I had the idea that I had to clean up my mess before I could openly follow Christ or make an impact. God made it very clear to me that I don't have to be mess-less to be selfless. Actually, I discovered the more I was selfless, the smaller my messes seemed to be. This is not about a religion, but about a relationship with a real, loving heavenly Father.

**Q: Your entire book is about selflessness, but what does selflessness really mean?**

**A:** What I love SO MUCH about selflessness is that it takes nothing more than a simple shift in your gaze from inward to upward. You can be selfless by giving your neighbor a ride to work, or picking up your friends' kid in carpool because she has to work late, or helping your friend move when they can't afford movers. There are obviously SO MANY charity organizations that people can get involved with, in addition to overseas missions, but the world is hurting so bad right now, that we cannot afford to be selfish anymore. We may be the only Jesus that some people ever see, so as Lisa Bevere brilliantly put it, "Let's be known for what we are FOR, rather than what we are AGAINST." I am for selflessness, in any capacity. And I am for making selflessness a lifestyle. It's not like you do one deed for the year and your card is punched. It is an everyday act, awareness, and shift in how we live our lives.

**Q: Some people might see the title and think you are against social media. What's your perspective on that?**

**A:** I love social media, but not all selfies are created equally. Some of my most-cherished photos are selfies with my little nephew, but *#Selfie to Selfless* is a simple reminder that we are on this earth for SO MUCH MORE than to capture a few great photos and collect social media followers. I am simply encouraging

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people to remind themselves that there is so much more than just the here and now. When we get to Heaven one day, the Lord will not ask anyone how many social media followers we had. Nor will anyone talk about your social media engagement at your funeral. They will talk about the person you were, and the impact you made. I think there are a lot of people out there today who have lost sight of that truth.

**Q: What would you say to someone who works in social media and might feel torn on this topic?**

**A:** God gave us all incredible gifts, and if social media is your gift, then shine like the diamond He created you to be! Social media is not a bad thing; it's an amazing gift. It has been used to spread awareness for certain causes, share news around the world when tragedy strikes, elevate businesses, and allow loved ones to keep in touch. It only becomes bad when we pollute it and allow our self-worth to be based on our selfies. Your social media stats do not define who you are as a person, your potential, or your capabilities. With every gift, there is an opportunity to use it to honor God, or use it to honor ourselves. Obviously our social media accounts will be based off our opinions because they are posted from our perspective, but I just challenge the reader to figure out what's guiding their perspective.

**Q: In your book, you emphasize a slogan, "Let's shock the world with some selflessness." Where did this come from, and what does it mean?**

**A:** In today's world, we are so insanely desensitized with skin-baring photos on social media, absurd cursing or nudity in TV shows, or extreme language and lyrics in music, that it takes a lot to shock anyone these days. As the world keeps spinning down a dark path, I think we have underestimated the shock value of being kind to someone else, or being selfless in a world that tells us we must claw our way to get ahead, or take off a piece of clothing to be admired. What an amazing world it would be if we made being selfless as appealing and popular as taking selfies. We are not placed on this earth to fall into its traps, but we are to shock people the same way that Jesus did; with authentic truth, God-given convictions, unending love, and genuine selflessness.

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