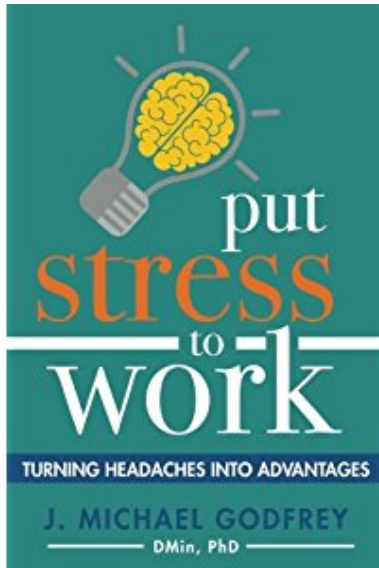




Readers' Favorite[®] Book Reviews and Award Contest

Book Review Mini-Critique



Below you will find ratings (scale of 1-5) with descriptions for the major parts of your book followed by your Readers' Favorite review. Although these are general ratings we hope they will give you an insight into how others may view the different components of your book.

These are the opinions of your reviewer, and although your reviewer is not an expert literary critic or professional editor, they are at the very least, an avid reader of books just like yours.

Title: Put Stress to Work
Subtitle: Turning Headaches into Advantages
Author: J. Michael Godfrey
Genre: Non-Fiction - Self Help



Appearance: The appearance of a book can make a significant impact on the experience of a reader, whose enjoyment is often enhanced by an enticing cover, an intriguing table of contents, interesting chapter headings, and when possible, eye-catching illustrations.

4

Plot: The characters of a book should be well defined with strengths and flaws, and while they do not have to be likable, the reader does have to be able to form a connection with them. The tone should be consistent, the theme should be clear, and the plot should be original or told from a unique perspective. For informative books -- those without plot and characters--this rating refers primarily to your concept and how well you presented it.

5

Development: Development refers to how effectively you told your story or discussed your topic. The dialogue should be realistic, the descriptions should be vivid, and the material should be concise and coherent. Organization is also a key factor, especially for informative books -- those without plot and characters. The order in which you tell your story or explain your topic and how smoothly it flows can have a huge impact on the reader's understanding and enjoyment of the material.

5

Formatting: Formatting is the single most overlooked area by authors. The way in which you describe scenes, display dialogue, and shift point of view can make or break your story. In addition, excessive grammatical errors and typos can give your book an amateurish feel and even put off readers completely.

5

Marketability: Marketability refers to how effectively you wrote your book for your target audience. Authors may include content that is above or below the understanding of their target reader, or include concepts, opinions or language that can accidentally confuse or alienate some readers. Although by its nature this rating is very subjective, a very low rating here and poor reviews may indicate an issue with your book in this area.

5

Overall Opinion: The overall starred rating takes into account all these elements and describes the overall reading experience of your reviewer. This is the official Readers' Favorite review rating for your book.

5

Review:

Reviewed by Arya Fomonyuy for Readers' Favorite

Put Stress to Work: Turning Headaches into Advantages by J. Michael Godfrey is a timely and revolutionary book that has the potential to transform the lives of contemporary men and women who are overburdened by one of the common problems of our age — stress. A book about stress management couldn't be more welcome in this time, given that our competitive and fast-paced work environments put millions of people under stress. It is no secret that stress can break people in various ways, making other areas of their lives such as career, relationships, and family suffer its effects. But it needn't be so. In his book, J. Michael Godfrey offers readers the tips they need to transform stress into a tool that works for them.

In Put Stress to Work, the author leads the reader into a better understanding of the basic nature of stress and what causes it. He deftly demonstrates how it works, how it looks, and when it shows up. From this point, the author shows readers the in-the-moment stress management techniques that will undoubtedly benefit them. But what is most interesting is his take on how to proactively manage stress, turning it to one's advantage and making it a tool that serves one's purpose. It wasn't hard for me to connect with the message in Put Stress to Work: Turning Headaches into Advantages. With relevant examples from real life scenarios, the author delivers a message of hope for anyone beset by stress, and anyone who finds it difficult living the life they want because of stress. Readers will find surprising answers in this book and the simplicity of style makes it an easy read.