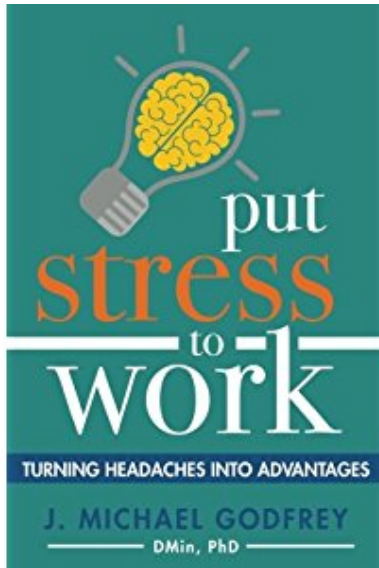




# Readers' Favorite® Book Reviews and Award Contest

## 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.

**5**

**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:** 5 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.
- Formatting:** 4 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.
- Marketability:** 5 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.
- Overall Opinion:** 5 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.

**Review:**

Reviewed by Bruce Arrington for Readers' Favorite

Put Stress to Work: Turning Headaches into Advantages, by J. Michael Godfrey, is a comprehensive dissection of stress in people's lives today, as well as a complete guide directing the reader to reduce and/or eliminate stress on a daily basis. The book describes where stress comes from (most often ourselves!), how our physiology reacts to the stress and the negative effects it can produce over time. Starting from our own personal goals and moving outward, it provides the blueprint for a healthy lifestyle. The book also provides numerous references, helping to base the book in research instead of simply one writer's opinion.

This is a marvelous book, one which I wish I had read years ago. If ever there could be a book attached to a human being at birth, this should be it. There are many lessons about stress I've had to learn along the way without formal instruction, but here it is, readily available to anyone. I found myself reading slowly and carefully to absorb the areas I still need to learn about. Suffice it to say, this is one book I'll be referring to again and again, and recommending to (or purchasing for) friends and family. Put Stress to Work: Turning Headaches into Advantages by J. Michael Godfrey is a book which will benefit any reader, but I also suggest that for teenagers, trying to gain traction in their lives, this would be a great gift. Starting out with this sort of knowledge could help many young people avoid numerous problems throughout their lifetimes. Highly recommended.