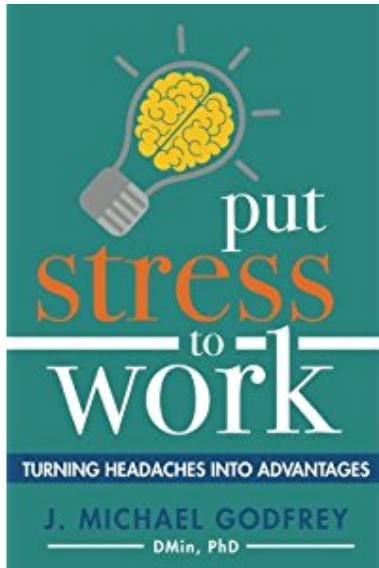




Readers' Favorite® Book Reviews and Award Contest

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 Divine Zape for Readers' Favorite

Put Stress to Work: Turning Headaches into Advantages by J. Michael Godfrey is a great book for mental health professionals and readers who are suffering from stress — and that could also include people with no or less stress because stress comes into our lives unannounced. This book came to me as a timely gift because I am undergoing a very stressful period of my life and I discovered very useful tips and strategies that I can't wait to start implementing. It is easy to complain that we are stressed out, to indulge in things that cause more stress, hoping that we are eliminating stress from our life. J. Michael Godfrey offers readers a tool that will not only help them handle stress, but make it work for them. It's how he does it that is interesting.

I don't doubt that this author has done his research and unearthed facts that will interest readers, including the very nature of stress and how it affects our life and work, the moments when stress easily enters into our life and things we can do to trump it. The idea of making stress work for us was a powerful hook for me, and in this book the author conveys a compelling message to the reader: "You can be on top of things. You can handle stress. You can become its master." He doesn't stop there, but moves on to show readers how to employ stress instead of allowing it to run their lives. Put Stress to Work: Turning Headaches into Advantages is a godsend, a book that will undoubtedly change many lives. It's your tool to regaining your freedom.