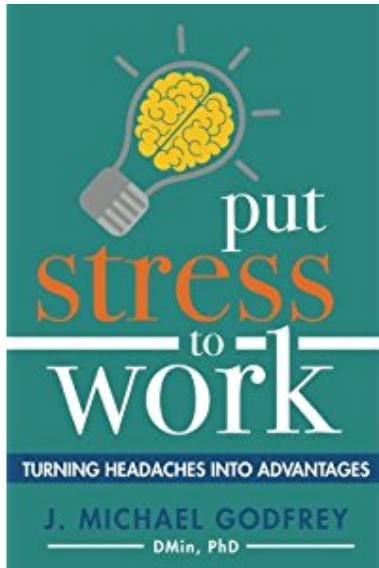




Readers' Favorite® Book Reviews and Award Contest

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: 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 Mamta Madhavan for Readers' Favorite

Put Stress to Work: Turning Headaches into Advantages by J. Michael Godfrey is a helpful tool for all readers as it speaks about a relevant topic called stress. The author discusses the realities of stress, which is a part of our daily lives, and makes the distinction between good stress and bad stress, stress we can control, and stress we cannot. His techniques and advice help readers to manage their choices, beliefs, and perceptions so that they can handle stress in a healthy way. The author shares his years of experience to help readers understand the different types of stress and how to use this to their advantage.

I like the author's positive approach to stress and the way in which he talks readers out of falling prey to stress. Reading this book will help readers get to know stress and understand how it works, how it can help, and how it can block your progress toward achieving life's purpose and mission. The idea of sharing real stories is helpful to many readers in connecting with the author's words and understanding how the tools suggested in the book can work in real life.

I recommend everyone get a copy of this book as it can be used in daily life to handle situations that cause stress. The processes for managing stress and establishing a personal strategy are rewarding and safe and will leave readers with the choices of leaving the stress situation as it is, allowing stress to manage them, or putting stress to work to achieve what really matters.