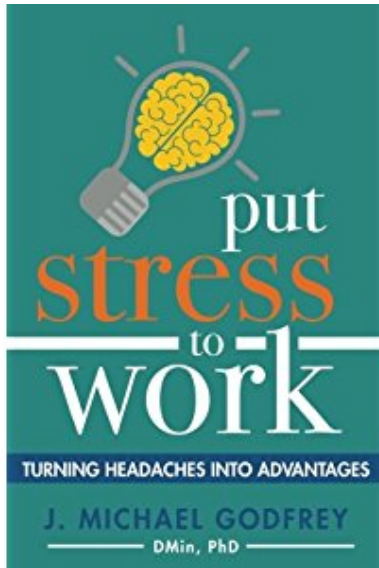




Readers' Favorite[®] Book Reviews and Award Contest

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.
- 4**
- 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 Romuald Dzemo for Readers' Favorite

Put Stress to Work: Turning Headaches into Advantages by J. Michael Godfrey is a tool that will help readers take control of stress and turn it into energy to change and improve their lives, a powerful guide to the art of proactively managing stress and eliminating its destructive effects in the lives of readers. In this book, readers gain a deeper understanding of stress and how it affects their lives. The author offers a simplified and clear anatomy of stress, unveiling when it often gets into one's life, offering strategies to immediately take control, and showing how readers can transform stress into something that works for them.

There could be no better time for this book than today. Many studies indicate that contemporary man is greatly driven by stress and that stress is one of the top reasons why people visit their doctors. Instead of letting stress take control of your life, you can take the lead and make it an "employee," something that works for you and that allows you to reach deeper levels of success and health. Put Stress to Work: Turning Headaches into Advantages is one of the best gifts you can give yourself and those you care about. It is intelligently written and readers will enjoy J. Michael Godfrey's friendly style. The book is filled with practical examples and insightful thoughts that allow readers to create the kind of awareness and mindset that will help them beat stress and improve their lives. You will appreciate the confident, authoritative voice behind the writing and you'll find the message of this book relevant.