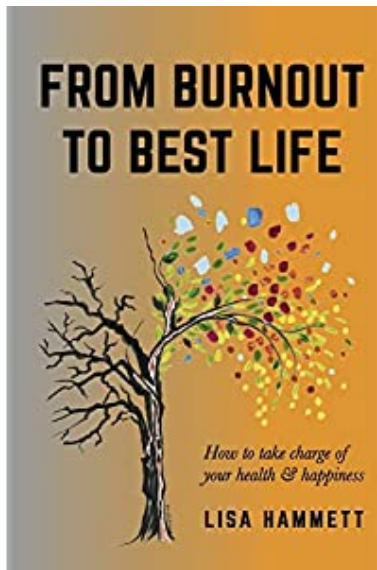




Readers' Favorite[®]

Book Reviews and Award Contest

Book Review Mini-Critique



Below you will find ratings (scale of 1-5) with general descriptions for the major parts of your book followed by your Readers' Favorite review. Although this is just a Mini-Critique, we hope it will give you an insight into how readers may view the different components of your book.

These are the opinions of your reviewer, and although they are not a literary professional, they are an avid reader of books just like yours.

Title: From Burnout to Best Life
Subtitle: How to take charge of your health & happiness
Author: Lisa Hammett
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 Astrid Lustulin for Readers' Favorite

Perhaps you are one of those people who have felt overwhelmed by a less-than-ideal work environment and the pressure of having too many things to do. If you think it is time to change and take control of your life but have no idea what to do to achieve the desired result, I suggest you read Lisa Hammett's book, *From Burnout to Best Life*. Thanks to the author's wise advice, you will learn how to create your vision, find out your why, have the right mindset, and take care of yourself mentally and physically. What are you waiting for? Start this fantastic adventure now to discover yourself.

From Burnout to Best Life is a book that I enjoyed very much because it analyzes everything important in a person's life. Lisa Hammett has been through a difficult situation herself, so she is the right person to guide readers on their path to self-improvement. What I like the most is that she offers us valuable advice to improve our mental state and also focuses on our physical well-being. As I believe the two are strictly related, I greatly appreciate Hammett's approach because it allows us to improve from all points of view. This is the most innovative thing about this book because personal growth books usually focus on mental well-being and omit the physical. If you are looking for a book that takes a holistic approach to improve in all aspects of your life, you will be as enthusiastic about this guide as I am.