

Book review guidelines

Up to **300 words** including the title, author, ISBN, publisher and price of the book. If there is an e-book/Kindle version please include the format and price.

If the book isn't available from the usual outlets, e.g. only from an author's website, mention this.

Put the ISBN in this format and use the 13 figure ISBN: 978-1292186429

One line at the end in italics with job name and job title (and add RCDP if you are on the Register). Please submit as a word rtf file.

Below is an example to give you an idea of what is required.

The Brain Box

David Hodgson & Tim Benton

ISBN 978-1292186429

Trotman

£9.99

E-book £8.58

The Brain Box is a fascinating read appealing to various readers; student audience, careers advisors, educationalists, parents and carers. This study guide is thought provoking and informative.

What is your brain? How does the brain box function? How do you revise? Why is sleep important? We all learn differently but how? How do you deal with the temptations of 21st century technology? Mobile phones, X boxes and iPads. How to get over CBAS (Can't be arsed syndrome) are just a few of the sections to digest and enjoy.

I would recommend this book, which is written in a friendly, chatty style with visuals, doodles, games, quotes, quizzes and activities. It is an "essential guide to learning, revision and motivation". Broken into manageable bite sized sub sections, you can pick it up, put it down and dip into it according to your agenda or need.

There are numerous quotes and stories to motivate you and to inspire your audience which can be used time and time again. "What is your competition? There are people out there who are hungry and motivated". "Intelligence is a factor, but mostly it comes down to how well you work. Those who work hard or smart tend to do better."

I was able to use the book effectively in various forums; workshops, lessons, careers meetings and as a parent. Described by the authors as an "indispensable guide not only to powering through the stress, hard work and brain-ache of school or college, but also to establishing good learning habits and self-motivation which will be invaluable throughout" life. The Brain Box would be a great addition to your book collection.

Katrina Armstrong is a careers adviser at Redborne Upper School

