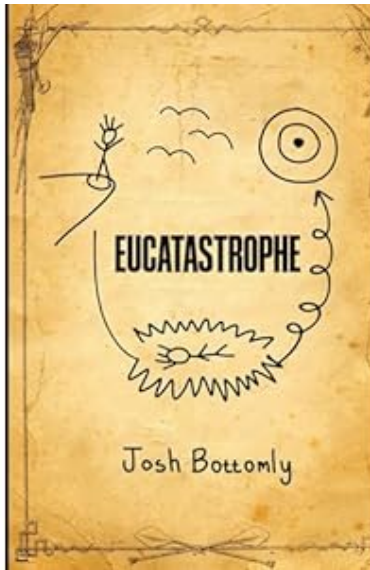




Readers' Favorite[®]

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: Eucatastrophe
Author: Josh Bottomly
Genre: Non-Fiction - Inspirational



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 Carol Thompson for Readers' Favorite

Josh Bottomly's *Eucatastrophe* is an engaging exploration of personal crisis and triumph over life's profound challenges. With an introspective tone, Bottomly delves into his experiences of grappling with mental health, particularly depression, and the indelible impact it has had on his personal and professional life. His narrative is raw, evocative, and honest, providing a lens into the complexities of living with and overcoming a mental health crisis. The book is structured around a "eucatastrophe," borrowed from J.R.R. Tolkien, describing a sudden turn of events that ensures the protagonist does not meet some looming disaster. This metaphor is skillfully woven throughout his recounting, from the darkness of his struggles to the light of recovery, creating a powerful narrative arc.

Josh Bottomly is an educator who illustrates his points to students with doodles, and he does so for readers throughout this book. He is an excellent storyteller, and his stick figure and simplistic art is powerful. Bottomly's candid and heartfelt writing style is moving as he shares his deepest lows and personal victories without reserve, making the book a source of inspiration for those facing similar battles. His discussions on the impact of mental health on his career as an educator and administrator are relatable to anyone in high-stress environments, highlighting the often-overlooked mental health needs of education professionals. As a teacher myself, I can relate to Bottomly's struggles and appreciate how he breaks down the complexities of mental health issues in a way that can be understood. The memoir includes facts about suicide and antidepressants that I found quite alarming. Bottomly's incorporation of elements of pop culture helps to connect with readers. *Eucatastrophe* is an inspiring book that is a must-read for anyone interested in mental health, personal development, or personal resilience and recovery stories. I highly recommend it and applaud the author for sharing such a personal journey to help others.