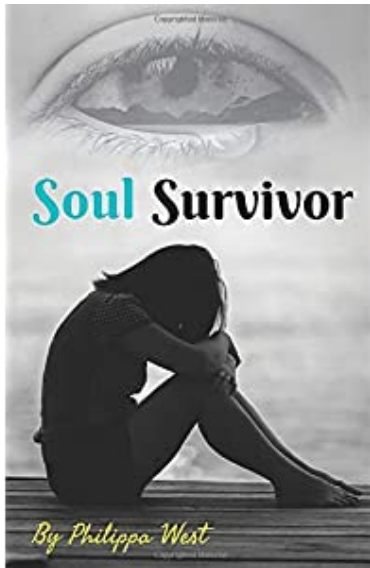




# Readers' Favorite® Book Reviews and Award Contest

## 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:** Soul Survivor  
**Author:** Philippa West  
**Genre:** Non-Fiction - Autobiography



**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 Gobi Jane for Readers' Favorite

*Soul Survivor* by Philippa West is a memoir of the author's journey through mental disorder, one only diagnosed after twenty-nine years of suffering. It wasn't until after her training as a Mental Health First Aider that she began to identify her symptoms and unearthed a startling truth: she suffered from Post-Traumatic Stress Disorder (PTSD). In this book and in a voice that is filled with honesty and compassion, she shares her story of emotional and sexual abuse, depression, guilt, and desperation. Starting with the image of the isolated cabin in the woods where she used to take her mental flights from reality, she shares her story, including deception in love, the quest for freedom and happiness, and the role of the characters in her life.

Philippa West has a unique style of writing. She asks questions that force the reader to think. Her writing is equally filled with insights on life, love, self-acceptance, and relationships. Readers with mental issues can easily relate to her story. The introspective journey she makes is filled with light and I was amazed at how her journey leads her home to herself, allowing her to accept who she really is. This story also articulates some brilliant points on what to expect from people with PTSD. The writing is clear and the prose beautiful. I was pulled in by the pensive style of writing and found it easy to connect emotionally to the protagonist. *Soul Survivor* is an honest account of a woman's journey towards wholeness after going through the harrowing pain of PTSD for several years. It is both informative and inspiring.