



## Jawbreaker

Unlock the (U)niverse

by Jolene Stockman



Young Adult - Non-Fiction

130 Pages

Reviewed on 10/15/2013

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## Book Review

**Reviewed by Kim Anisi for Readers' Favorite**

When I finished reading *Jawbreaker - Unlock the (U)niverse* by Jolene Stockman, one of my first thoughts was that it would have been so helpful if I'd had a book like that when I was a teenager or young adult (which I am not anymore). *Jawbreaker* is a self-help book that wants to help readers to unlock their own potential by finding their strengths and what they really would like to achieve in life. The book guides the reader through a variety of topics that help with defining goals and taking the first steps to achieve them. There are also some online materials that can be downloaded for free - I would recommend doing so because they are a fantastic addition to the book itself and make working with the content even easier.

Even though the book is aimed at young adults, I (from my adult perspective) have to say that this inspirational and motivating self-help book is a lot better than many books of this ilk. Many self-help authors sound like they are speaking down to you from their position up high. Jolene Stockman certainly isn't one of those know-it-alls. Throughout the whole book, she is a friendly, encouraging guide who only wants the best for her readers. She has a way with words and always manages to put ideas into examples that are easy to understand and lead to one or the other "aha" moment. The book is easy to read, very enjoyable, and leaves you feeling good. Forget about the over-priced "big names" if you are looking for a book to change your outlook on life. Give Jolene Stockman a chance to make a change in your life - no matter how old or young you are.