

# best non fiction book

## **Best Non-Fiction Book: An In-Depth Guide to Choosing Your Next Great Read**

Non-fiction books have the power to educate, inspire, and transform our understanding of the world. From autobiographies and memoirs to self-help, history, science, and business, non-fiction literature offers a vast array of knowledge and insights. But with so many titles vying for attention, how do you determine which is the best non-fiction book for you? In this comprehensive guide, we will explore the qualities that make a non-fiction book stand out, highlight some of the most influential titles, and provide practical tips for selecting the perfect book to enrich your mind and life.

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## **What Makes a Non-Fiction Book the Best?**

Choosing the best non-fiction book involves evaluating several key factors. Here's what to consider:

### **1. Relevance and Personal Interest**

- The book should align with your personal interests or areas where you seek growth.
- Whether it's history, psychology, entrepreneurship, or health, relevance ensures engagement.

### **2. Credibility and Author Expertise**

- Look for authors with credible backgrounds, academic qualifications, or extensive experience.
- Well-researched content backed by data and reputable sources enhances reliability.

### **3. Clarity and Writing Style**

- The best non-fiction books communicate complex ideas clearly and engagingly.
- A compelling narrative or storytelling approach can make dense topics accessible.

### **4. Impact and Practical Takeaways**

- The book should offer actionable insights or profound perspectives.
- Its influence should inspire change or deepen understanding.

## 5. Critical Acclaim and Reader Reviews

- Positive reviews and awards can be indicators of quality.
- Consider feedback from diverse readers to gauge broader reception.

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## Top Non-Fiction Books That Have Changed the World

Throughout history, certain non-fiction titles have left indelible marks on society. Here are some of the most acclaimed and influential books across various categories:

### 1. "The Diary of a Young Girl" by Anne Frank

- A powerful autobiographical account of a Jewish girl hiding during WWII.
- Offers profound insights into hope, resilience, and the human spirit.

### 2. "Sapiens: A Brief History of Humankind" by Yuval Noah Harari

- Explores the history of human evolution and societal development.
- Challenges readers to think about the future of humanity.

### 3. "Thinking, Fast and Slow" by Daniel Kahneman

- Delves into the psychology of decision-making.
- Explains how our minds operate and influence our choices.

### 4. "The Immortal Life of Henrietta Lacks" by Rebecca Skloot

- Tells the story of a woman whose cells led to groundbreaking medical research.
- Raises ethical questions about consent and scientific progress.

### 5. "Outliers: The Story of Success" by Malcolm Gladwell

- Investigates the factors behind high achievement.
- Emphasizes the importance of opportunity and cultural legacy.

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# Popular Non-Fiction Genres and Top Picks

Different genres serve different reader interests. Here's a breakdown of popular non-fiction categories with top titles:

## 1. Self-Help and Personal Development

- "The 7 Habits of Highly Effective People" by Stephen Covey
- Offers timeless principles for personal and professional effectiveness.
- "Atomic Habits" by James Clear
- Focuses on building good habits and breaking bad ones with practical strategies.

## 2. Biography and Memoir

- "Becoming" by Michelle Obama
- An inspiring story of the former First Lady's life and values.
- "Educated" by Tara Westover
- A memoir about overcoming adversity through education.

## 3. Business and Economics

- "Good to Great" by Jim Collins
- Analyzes what differentiates successful companies.
- "Freakonomics" by Steven D. Levitt and Stephen J. Dubner
- Uses economic theories to explain unexpected phenomena.

## 4. Science and Technology

- "A Brief History of Time" by Stephen Hawking
- Explains complex cosmological concepts in accessible language.
- "The Gene: An Intimate History" by Siddhartha Mukherjee
- Chronicles the history and science of genetics.

## 5. History and Politics

- "Guns, Germs, and Steel" by Jared Diamond
- Investigates the factors behind societal development and inequality.
- "The Warmth of Other Suns" by Isabel Wilkerson
- Tells the story of the Great Migration in America.

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# How to Choose the Best Non-Fiction Book for You

Selecting the right non-fiction book involves understanding your goals and preferences. Here are practical steps:

## 1. Define Your Purpose

- Are you seeking knowledge, inspiration, entertainment, or skill development?
- Clarify what you hope to gain from your reading.

## 2. Explore Recommendations and Reviews

- Utilize sources like Goodreads, Amazon reviews, and literary blogs.
- Seek recommendations from friends, mentors, or subject matter experts.

## 3. Sample the Content

- Read the first few pages or chapters to gauge writing style and clarity.
- Ensure the tone and depth match your reading level and interests.

## 4. Consider the Author's Credibility

- Research the author's background to assess expertise.
- Look for authors known for thorough research and ethical integrity.

## 5. Set Realistic Reading Goals

- Decide on the length and complexity of the book you can commit to.
- Break down your reading into manageable sessions to stay motivated.

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## Conclusion: Embrace the Power of Non-Fiction

The best non-fiction book is ultimately the one that resonates with you, challenges your thinking, and equips you with new perspectives or skills. Whether you're interested in understanding the intricacies of human psychology, learning about historical events, or gaining insights into personal growth, there is a non-fiction masterpiece waiting to enrich your life. Remember to consider your interests, verify credibility, and approach your reading with an open mind. With these guidelines, you'll be well on your way to discovering books that not only educate but also inspire and empower you.

Embark on your journey through the world of non-fiction today, and unlock the knowledge that can transform your understanding of the world.

## Frequently Asked Questions

### What are some of the best non-fiction books to read in 2024?

Popular non-fiction books in 2024 include titles like 'The Creative Act' by Rick Rubin, 'Spare' by Prince Harry, and 'The Wager' by David Grann, among others that offer insights into personal development, history, and current events.

### How do I choose the best non-fiction book for my interests?

Identify your interests—whether history, psychology, memoirs, or science—and look for highly-rated books in those categories. Reading reviews and summaries can help determine if a book aligns with what you're seeking.

### What are the benefits of reading non-fiction books?

Non-fiction books expand knowledge, improve critical thinking, provide new perspectives, and often inspire personal growth or professional development.

### Can you recommend some best non-fiction books for beginners?

Yes, beginner-friendly non-fiction books include 'Sapiens' by Yuval Noah Harari, 'Atomic Habits' by James Clear, and 'Becoming' by Michelle Obama, which are engaging and easy to understand.

### What are some recent award-winning non-fiction books?

Recent award-winning non-fiction titles include 'The Wager' by David Grann (Edgar Award), 'The Song of the Cell' by Siddhartha Mukherjee, and 'Four Hundred Souls' edited by Ibram X. Kendi and Keisha N. Blain.

## **Are there any non-fiction books that are considered must-reads for personal development?**

Absolutely. 'The 7 Habits of Highly Effective People' by Stephen Covey, 'Man's Search for Meaning' by Viktor Frankl, and 'Daring Greatly' by Brené Brown are considered essential for personal growth.

## **What non-fiction books are popular for understanding current social issues?**

'How to Be an Antiracist' by Ibram X. Kendi, 'The New Jim Crow' by Michelle Alexander, and 'Caste' by Isabel Wilkerson are highly regarded for exploring social justice topics.

## **Which non-fiction books are best for learning about history?**

Top history non-fiction books include 'Guns, Germs, and Steel' by Jared Diamond, 'The Silk Roads' by Peter Frankopan, and 'A People's History of the United States' by Howard Zinn.

## **Are there any non-fiction books that combine storytelling with factual information?**

Yes, books like 'Into the Wild' by Jon Krakauer and 'The Immortal Life of Henrietta Lacks' by Rebecca Skloot blend compelling storytelling with factual content to engage readers deeply.

## **What are some non-fiction books that have gained popularity on social media platforms?**

Books like 'Atomic Habits' by James Clear, 'Greenlights' by Matthew McConaughey, and 'The Subtle Art of Not Giving a Fck' by Mark Manson have gone viral on platforms like TikTok and Instagram for their practical insights and engaging style.

## **Additional Resources**

Best Non-Fiction Book: A Deep Dive into the Masterpiece

Choosing the best non-fiction book is a subjective endeavor, often influenced by personal interests, cultural backgrounds, and intellectual pursuits. However, some works stand out due to their profound impact, storytelling quality, accuracy, and ability to inspire or inform. Among these, one title consistently emerges as a towering achievement: "Sapiens: A Brief History of Humankind" by Yuval Noah Harari. This book has garnered global acclaim for its comprehensive overview of human history, its engaging narrative style, and its capacity to challenge perspectives. In this detailed review, we will explore why "Sapiens" is often

regarded as the best non-fiction book, examining its core themes, structure, strengths, and its influence on readers worldwide.

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## Introduction to "Sapiens: A Brief History of Humankind"

Published in 2011, Yuval Noah Harari's "Sapiens" synthesizes thousands of years of human history into a compelling narrative that is both accessible and intellectually rigorous. Unlike traditional history books that focus on specific periods or events, "Sapiens" offers a panoramic view of human evolution, societal development, and the factors that have shaped our species.

Why is "Sapiens" considered the best non-fiction book?

- It bridges multiple disciplines: history, anthropology, biology, economics, and philosophy.
- It challenges readers to reconsider their assumptions about human nature and civilization.
- It is highly engaging, making complex ideas approachable for a broad audience.

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## Core Themes and Concepts

Harari's "Sapiens" is built around several key themes that interconnect to provide a comprehensive understanding of human history.

### 1. The Cognitive Revolution

Around 70,000 years ago, Homo sapiens experienced a cognitive leap that set them apart from other species. This revolution enabled the development of language, imagination, and complex social structures. Harari emphasizes that this leap was crucial in enabling humans to cooperate flexibly and create shared myths, religions, and cultures.

Key points:

- Development of language allowed for the transmission of knowledge across generations.
- Shared beliefs and myths fostered large-scale cooperation.
- This revolution laid the groundwork for societal complexity.

## 2. The Agricultural Revolution

Harari discusses how the shift from hunter-gatherer societies to agriculture around 12,000 years ago transformed human life. While it allowed population growth and settled communities, it also led to social hierarchies, inequality, and environmental challenges.

Critical insights:

- Agriculture was a "trap" that introduced hard labor and disease.
- It led to the rise of cities, states, and eventually empires.
- The revolution was not necessarily a step forward in individual happiness.

## 3. The Unification of Humankind

Over millennia, human societies gradually converged through trade, empire-building, and shared religious and cultural ideas. Harari highlights the importance of imagined orders—such as nations, capitalism, and religions—in uniting large populations.

Themes include:

- The role of money as a universal medium of exchange.
- The spread of ideological systems that bind societies together.
- The impact of globalization in the modern era.

## 4. The Scientific Revolution

Beginning around 500 years ago, this revolution transformed human understanding of the world and fostered technological advancements. It propelled the Industrial Revolution, capitalism, and the modern technological landscape.

Major points:

- Human ignorance was replaced by systematic inquiry.
- Scientific discoveries led to unprecedented power over nature.
- This revolution continues to accelerate, raising questions about the future.

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## Strengths of "Sapiens" as a Non-Fiction Masterpiece

Harari's work exemplifies several qualities that elevate it to the status of the best non-fiction book.

## 1. Interdisciplinary Approach

The book seamlessly integrates insights from various fields, providing a holistic view of human history. This approach encourages readers to think beyond traditional disciplinary boundaries and appreciate the interconnectedness of human development.

Examples:

- Combining genetic data with archaeological findings.
- Using economic principles to explain societal behaviors.
- Connecting philosophical ideas with scientific discoveries.

## 2. Engaging Narrative Style

Harari's writing is accessible, often humorous, and thought-provoking. He employs storytelling techniques that make dense material captivating, ensuring readers stay engaged throughout.

Features include:

- Clear explanations of complex concepts.
- Use of anecdotes and analogies.
- Thought experiments that challenge assumptions.

## 3. Thought-Provoking Content

One of the book's strongest aspects is its ability to provoke reflection on fundamental questions:

- What does it mean to be human?
- Are our beliefs and institutions ultimately meaningful?
- What are the ethical implications of our technological powers?

Impact on readers:

- Encourages critical thinking.
- Sparks discussions about the future of humanity.
- Inspires personal and societal introspection.

## 4. Relevance to Contemporary Issues

Although historical in scope, "Sapiens" is highly relevant today. It addresses current challenges such as climate change, genetic engineering, artificial intelligence, and the rise of capitalism.

Why it matters:

- Provides context for understanding modern crises.
- Highlights long-term consequences of our actions.
- Offers insights into potential paths forward.

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## Criticisms and Limitations

No book is without flaws, and "Sapiens" faces some criticisms.

Common critiques include:

- Oversimplification: Some scholars argue that Harari simplifies complex historical and scientific debates.
- Speculative assertions: Certain interpretations are debated among experts.
- Lack of in-depth analysis: The broad scope means some topics are treated superficially.

Rebuttal:

Despite these critiques, "Sapiens" remains valuable as a synthesis and starting point for further exploration.

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## Impact and Reception

Since its publication, "Sapiens" has achieved remarkable success.

Achievements include:

- Translations into over 60 languages.
- Several international bestseller lists.
- Influence on academic discourse and popular culture.

Influence on readers:

- Encourages curiosity about human history.
- Inspires new perspectives on societal development.
- Motivates engagement with pressing global issues.

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## Why "Sapiens" Might Be Considered the Best Non-Fiction Book

Given the qualities discussed, "Sapiens" epitomizes what many look for in a non-fiction masterpiece.

Key reasons include:

- It educates and entertains simultaneously.
- It offers a comprehensive, interdisciplinary perspective.
- It challenges and reshapes preconceived notions about humanity.
- It remains relevant across disciplines and eras.

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## Conclusion

While numerous exceptional non-fiction works exist—ranging from "The Immortal Life of Henrietta Lacks" to "Guns, Germs, and Steel"—"Sapiens: A Brief History of Humankind" by Yuval Noah Harari stands out as a landmark achievement. Its ability to synthesize vast amounts of information into an engaging, thought-provoking narrative makes it a quintessential non-fiction book that can enlighten, challenge, and inspire readers for generations to come.

In essence, if you seek a book that not only informs you about human history but also prompts profound reflections on our past, present, and future, "Sapiens" deserves a prominent place on your bookshelf. It embodies the power of non-fiction to expand horizons and deepen understanding—truly earning its reputation as one of the best non-fiction books ever written.

## Best Non Fiction Book

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**best non fiction book: Author Coach - Write Your Best Non Fiction Book** Catherine Brown, 2020-09-02 "Author Coach - Write Your best Nonfiction Book" is absolutely packed with essential advice and top writing tips that will help first time authors, indie authors and other writers to ... write their best book! The book is written by Catherine Brown, an Author Coach and Editor and teaches writers how to know their own style and identify the book genre they want to write in. It gives step by step instructions on how to craft your writing and how to develop your writing skill. It covers four main stages of writing: Discovering your inner author; Building your book; Writing your book and Ending your book well. Catherine gives sound and tested advice from both a copy editor's professional perspective and also an author. She shares about motivation, creating a book plan, structuring your book, creating content, how to write an introduction, a conclusion and how to create an author biography. It is a personal development book that will empower every author to optimize their writing skills. It is aimed primarily at the nonfiction market, but could also be a great tool for fiction writers too. It is a totally practical book.

**best non fiction book: Thematic Guide to Popular Nonfiction** Lynda G. Adamson, 2006-01-30 Popular nonfiction is widely read, and is increasingly prominent in the curriculum. This guide helps students, teachers, and librarians identify popular works of nonfiction related to particular themes. Included are alphabetically arranged entries on 50 themes, such as Animals, Exploration, Genocide, Immigrants, Poverty, and Race Relations. Each entry begins with a definition and discussion of the theme, followed by critical summaries of three or four works of nonfiction. The entries conclude with lists of additional nonfiction for further reading, and the Guide closes with lists of additional themes and related works, along with a bibliography of works on popular nonfiction.

**best non fiction book: The Mother of All Booklists** William Patrick Martin, 2014-12-24 The Mother of All Booklists: The 500 Most Recommended Nonfiction Reads for Ages 3 to 103 is written for parents, grandparents, and teachers unfamiliar with the bewildering array of award and recommended reading lists. This book is a long overdue composite of all the major booklists. It brings together over 100 of the most influential book awards and reading lists from leading magazines, newspapers, reference books, schools, libraries, parenting organizations, and professional groups from across the country. The Mother of All Booklists is to reading books what the website Rotten Tomatoes is to watching movies—the ultimate, one-stop, synthesizing resource for finding out what is best. Mother is not the opinion of one book critic, but the aggregate opinion of an army of critics. Organized into five age group lists each with one hundred books—preschoolers (ages 3-5), early readers (ages 5-9), middle readers (ages 9-13), young adults (ages 13-17), and adults (ages 18+)—The Mother of All Booklists amalgamates the knowledge of the best English-language booklists in the United States, including a few from Canada and Great Britain. Each of the 500 books is annotated, describing the contents of the book and suggesting why the book is unique and important. Each includes a picture of the book cover.

**best non fiction book: Black Nonfiction Books, Their Authors, and Their Publishers** Harry B. Dunbar, 2001-11-06

**best non fiction book: The Most Dangerous Book** Kevin Birmingham, 2015-05-26 Recipient of the 2015 PEN New England Award for Nonfiction “The arrival of a significant young nonfiction writer . . . A measured yet bravura performance.” —Dwight Garner, The New York Times James Joyce’s big blue book, *Ulysses*, ushered in the modernist era and changed the novel for all time. But the genius of *Ulysses* was also its danger: it omitted absolutely nothing. Joyce, along with some of the most important publishers and writers of his era, had to fight for years to win the freedom to publish it. The Most Dangerous Book tells the remarkable story surrounding *Ulysses*, from the first stirrings of Joyce’s inspiration in 1904 to the book’s landmark federal obscenity trial in 1933. Written for ardent Joyceans as well as novices who want to get to the heart of the greatest novel of the twentieth century, The Most Dangerous Book is a gripping examination of how the world came to say Yes to *Ulysses*.

**best non fiction book: The Vampire in Folklore, History, Literature, Film and Television**, 2015-09-18 This comprehensive bibliography covers writings about vampires and related creatures from the 19th century to the present. More than 6,000 entries document the vampire's penetration of Western culture, from scholarly discourse, to popular culture, politics and cook books. Sections by topic list works covering various aspects, including general sources, folklore and history, vampires in literature, music and art, metaphorical vampires and the contemporary vampire community. Vampires from film and television--from Bela Lugosi's *Dracula* to *Buffy the Vampire Slayer*, *True Blood* and the *Twilight Saga*--are well represented.

**best non fiction book: Nonfiction Matters** Stephanie Harvey, 1998 A guide to bringing nonfiction into the curriculum in third through eighth-grade classrooms, with strategies and ideas for reading nonfiction, conducting research, and writing reports.

**best non fiction book: Reading Comprehension** Camille Blachowicz, Donna Ogle, 2017-02-13 This practical resource and widely used text presents a wealth of research-based approaches to comprehension instruction. The authors offer specific classroom practices that help K-9 students compare and evaluate print and online sources, develop vocabulary, build study and

test-taking skills, and become motivated readers.

**best non fiction book:** Nonfiction Book Proposals Anybody Can Write Elizabeth Lyon, 2002-12-03 Sign the contract...then write the book. The good news is that almost every nonfiction book published is sold by a proposal. In this comprehensive yet accessible guide, you will learn exactly what a proposal is, what it must contain, and how to pull yours together into an informative, persuasive selling package. Already a favorite for thousands of aspiring writers, this book has been revised and updated by Elizabeth Lyon to feature nearly two dozen actual proposals, plus: · Choosing a topic based on current trends and competing titles · Drafting the perfect concept statement—daring agents and editors to reject you · Defining and targeting your readership—then connecting with them · Preparing a table of contents and chapter summaries · Submitting exciting and well-written sample chapters · Writing query letters · Devising a marketing plan that will excite agents and publishers

**best non fiction book:** Does Nonfiction Equate Truth? Vivian Yenika-Agbaw, Laura Anne Hudock, Ruth McKoy Lowery, 2018-03-15 Educators who teach children's literature at the college level as part of the pre-service experience seldom allocate enough space in the curriculum for nonfiction literature. This book recognizes the viability of nonfiction as a literary genre that demands critical analysis, celebrates storytelling in its varied forms, and invites teacher educators and pre-service teachers, our primary audience, to nurture a spirit of inquiry and skepticism in the classroom. It is an excellent resource for teacher educators looking for a variety of nonfiction texts to include in their literacy curriculum at both the undergraduate and graduate levels. It also offers critical approaches through which students are encouraged to read these texts, and ideas for critical inquiry with young learners.

**best non fiction book:** The Selling and Self-Regulation of Contemporary Poetry J.T. Welsch, 2020-03-31 The Selling and Self-Regulation of Contemporary Poetry is the first book-length study of the contemporary poetry industry. By documenting radical changes over the past decade in the way poems are published, sold, and consumed, it connects the seemingly small world of poetry with the other, wider creative industries. In reassessing an art form that has been traditionally seen as free from or even resistant to material concerns, the book confronts the real pressures – and real opportunities – faced by poets and publishers in the wake of economic and cultural shifts since 2008. The changing role of anthologies, prizes, and publishers are considered alongside new technologies, new arts policy, and re-conceptions of poetic labour. Ultimately, it argues that poetry's continued growth and diversification also leaves individuals with more responsibility than ever for sustaining its communities.

**best non fiction book:** 101 Great, Ready-to-Use Book Lists for Teens Nancy J. Keane, 2012-03-14 Building on the author's work in *The Big Book of Teen Reading Lists*, this book provides 101 new and revised reading lists created in consultation with teachers and public librarians—an invaluable resource for any educator who plans activities for children that involve using literature. Nancy J. Keane is the author of the award-winning website *Booktalks—Quick and Simple* ([nancykeane.com/booktalks](http://nancykeane.com/booktalks)), as well as the creator of the open collaboration wiki *ATN Book Lists*. With her latest book, *101 Great, Ready-to-Use Book Lists for Teens*, she provides another indispensable resource for librarians and teachers. The lists in this book are the result of careful consultation with teachers and public librarians, and from discussions on professional email lists. These indispensable lists can be utilized in many ways—for example, as handouts to teachers as suggested reading, to create book displays, or as display posters in the library. This collection will facilitate the creation of valuable reading lists to support the extended reading demands of today's teens.

**best non fiction book:** How to Write Non-fiction Books Gordon Wells, 1999 This text offers authoritative information for the non-fiction writer, practical advice for both the beginner and the established writer, and useful addresses of professional organizations.

**best non fiction book:** Good Books Matter Shelley Staggs Peterson, Larry Swartz, 2008 Based on extensive research on the features that make children's books appealing and appropriate, this

valuable teacher resource offers guidance on selecting books, strategies for specific grade levels, suggestions for extension, and tips for assessment. This teacher-friendly book is organized around the major genres -- traditional literature, picture books, nonfiction, poetry, and multicultural texts -- that will inspire young readers. Throughout the book, teachers will find suggestions for using literature to implement shared reading, reading aloud, and response strategies with emergent, developing, and independent readers.

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good deal or paid a ridiculous increase? Or bought a book, CD or DVD twice because you forgot you already had it? Or maybe wish you had kept that first painting your child proudly brought home for you from school... and knew where it was? It's so easy to rush through life constantly doing things without fully absorbing and enjoying our experiences, creating more and more physical and mental clutter. Wasting time and energy simply being inefficient without aim or purpose. This book offers you a way to become more organised and effective. To add clarity, structure and order to your life in seven practical steps which include amazingly simple ideas that I have developed over many years. This approach has worked for me and I'm sure it can help you. You can adapt them to suit your needs and lifestyle to help you to: Create order and clarity in key aspects of your life Organise your personal and family space more effectively Manage your financial admin tasks Learn more effectively Enhance your memories Get more from your hobbies and leisure activities But above all to feel better about yourself. To regain control and feel more organised, effective and energised!

**best non fiction book:** *Write for Children* Andrew Melrose, 2004-01-14 Writing for children is not about writing little stories, it is about writing big stories, shorter. Children's literature is an art form in its own right, and this book is for everyone who wants not just to write for children, but to write well for them. This short guide to creative writing for children is based on the author's own successful MA course. Andrew Melrose provides guidance on every aspect of the process of writing for children. He stresses the importance of 'writing for' the child and not 'writing to or at' them. Literacy and learning depend on writing and reading and it is therefore the responsibility of the writer to understand who they are writing for. The book is divided into four sections which cover all aspects of the writing process. This book goes far beyond the 'how to' format to help writers learn the finely balanced craft of writing for children. It will be an indispensable handbook for aspiring and practising children's authors.

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