

# BOOK REVIEW

## How To Take Charge of Your Life

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By Mildred Newman & Bernard Berkowitz

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This book is a very quick read self-help book (only 81 pages). It was written as a guide to help individuals take charge of their life. The authors appear to have medical backgrounds, and as such the book has a psychoanalytical undertone. The writing style and the way in which the authors try to make their points did not flow very well for me, but the core message and concepts of the book are beneficial.

According to the authors, taking charge of your life starts by letting go of the parental ties and perceptions that other people have about you and who they think you should be, learning to make decisions on your own to help build your confidence in yourself, performing a self assessment to define who you really are, what you expect and deserve from your life, and taking the necessary actions to achieve personal worth and growth.

I would not personally recommend this book because I believe there are many published self-help books out on the market today that would be much more beneficial to someone searching for personal growth. However, due to the shortness of the book it may be a good read for those who are just starting down the path of personal growth and want a point of view.