

Thought Seeds; Plant Them and They Will Grow

Sue Michie

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The book *Thought Seeds*, by Sue Michie, is a wonderful book for all ages. Its inspirational and positive message would help any reader be ready to face the day with a smile; however, due to its brevity and simple language, I guess the book to be written for ages six to thirteen. However, I am seventeen years of age and feel that the book was a nice reminder of the power of positive thought. It is a reminder that is prevalent for every student, so I recommend the book for any students above six. Anyone above thirteen will find it a quick, easy, and happy read.

The book's message is simple: think positive thoughts, and positive things will happen in your life. But it does do a good job of identifying positive and negative thoughts, and of giving the reader effective tools for erasing the negative. The exercises reinforce the ideas and strategies effectively.

At times the book is oversimplified: its advice to see only the good in people is not necessarily prudent. For example, refusing to see the negative in a convicted criminal is not a great idea. There is also a sufficient amount of spelling and grammatical mistakes that are easily fixed by a good proofreader. I recommend that before publication, it is read through thoroughly and all mistakes are caught.

Overall, *Thought Seeds* is a powerful book that it would behoove all students to read. It is an excellent supplement to any curriculum.