

The Braces Journal

Dan Price

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The Braces Journal, written by Dan Price, is a small, quirky journal designed to help and guide the adolescent through every step of the process of getting braces, from before the first appointment to getting their braces off. The author includes everything that the reader would need—space for documenting each orthodontist appointment, an orthodontist information page, a place for before-and-after pictures, a “Troubleshooting” page with advice on solving common braces problems, a forbidden foods list, and reflections on why we get braces in the first place. Beyond the world of braces, there is a personal biography page, lists of miscellaneous websites, magazines, and books, a notes section, picture pages, inspirational quotes, and a collection of little-known random facts.

The Braces Journal makes a friendly, relatable companion for the average teen as they endure through the process of getting braces. The book is very well written; the language and style of author Dan Price is supportive and wise yet at the same time casual and personable—almost as if he is talking to the reader in person—, which allows the work to easily capture and hold the interest of the targeted audience, mainly young teenagers. The advice is simple yet extremely candid and honest, and often quite funny. The structure and assembly of the book are also very fresh and innovative; the lessons and inspirational quotes are balanced with fun facts and such, and in addition the book is hand written and illustrated, making it very reminiscent of a personal journal. The content of the book goes far beyond a journal simply for documenting the braces experience. It comments on aspects of the young reader’s everyday life, and has an array of life lessons, guidance for the future, encouragement for a better mindset and attitude, and motivational paragraphs and quotes designed for the young reader’s use, all tastefully woven into the appropriate seams of the book’s main theme. Overall, this is a fresh, funny, and motivational book about braces and the teenage experience in general.