

*Soul Searching*

**Dr. Barbara Yeager**

**Reviewed by: Courtney Cheng, 16**

**Star Teen Book Reviewer for Be the Star You Are! Charity**

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*Soul Searching* is similar to many of the other self-development books that are published today. With interactive questions and advice, Dr. Yeager allows each reader to respond to the book on a more personal level. Each page is short, but always contains thought provoking statements and aphorisms. This book causes the readers to consider every aspect of their life and become re-inspired to live their lives as they have always envisioned it.

As always with books of this classification, I thoroughly enjoyed reading *Soul Searching*. It gave me great pleasure to be comforted of life's simple joys and motivated me to become a better person. The one aspect of this book that I couldn't connect to was its religious ties. As a non-Christian, I found myself wishing that I could relate to and understand the religious references located throughout the book. If it weren't for the religious allusions, I would definitely suggest this book to high school readers and anyone older.