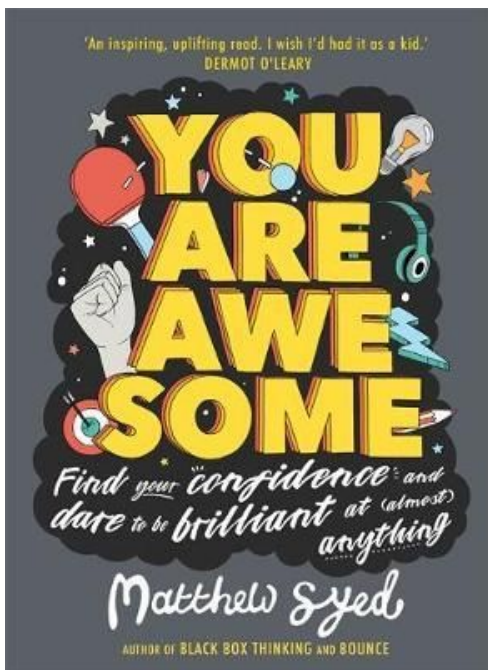


LoveReading4kids Reader reviews of **You Are Awesome** by Matthew Syed

Below are the complete reviews, written by the LoveReading4kids reader review panel members.



Lewis Briggs, age 11 and Mum

I read this book with my 11 year old son. What an amazing, inspiring book it is! The book is full of questioning whether you want to be an ordinary kid average, or inspire towards being a kid awesome. It's written in such a fun way and aimed well at kids (although I found it inspirational too, picking up a few tips along the way; especially in chapter 6). Matthew Syed is an Olympic champion with the ability to make you believe you too can achieve great things, whether it's in sport, maths or something else, by having a growth mind-set. In such a small time I have already seen my son's confidence improve. He has more belief in himself and no

*longer feels he is unable to do things, but instead he is willing to try. **An amazing, inspirational book! A must read for all children to improve confidence, growth mind-set and feel awesome! We recommend every parent buys this book for their child - who wouldn't want to feel awesome?***

Kai Daly age 8

*I think this book is really good for people who don't think they can do it things. It helps people to understand how they can be better at things. It makes you believe in yourself. **After reading it I tried things that I wouldn't have tried before. The best thing was when I scored two goals in football after reading it. It makes you try.***

Frankie Daly (parent of Kai)

*As a parent, it's heart-breaking when you know your child is capable of achieving things, but they just don't believe in themselves. I had to persuade my son to read this book as it's not his usual fiction book - but it was worth the bribe. He came home from school after only four chapters and said "Mummy, I think that book is working - I was really good at football today". I asked him what had changed and he said 'I just had a go'. He now seems to have a much more positive attitude about giving things a go and not worrying about getting it wrong. I would definitely recommend it to anyone who has a child who struggles with confidence or self-belief. **Truly surprised at the positive impact on my son.***

William Pasturel, age 12

***I think this book is awesome. It is easy to read and very gripping.** The things it teaches you are great life skills that can be applied to almost everything. The fact that it is written in a fun jovial manner make it easy to read even for people who aren't big readers.*

Lindsey (William's mum)

*I loved this book. Easy to read and easily relatable. Even my dyslexic son who isn't a fan of reading has read it. **It is a page turner and so positive. It really encourages children to be the best at whatever it is they want to do in life.***

Ella O'Gorman, age 13

I loved this book. 'You Are Awesome' really builds your confidence and shows you how the right mind-set can help you achieve your dreams.

I learned so much from this book. It shows that you have to be brave, prepare for failure and have self-belief. I really liked the stories about famous people and their struggles and failures on the way to success. It just shows that anyone can follow their dreams and be totally awesome and that it is possible to excel at anything with dedication, practise and a lot of hard work. The book breaks the

process of becoming awesome into different areas and starts with explaining how the author mastered table tennis and had to learn the skills he needed to become the best. He addresses many of the excuses we make to not push ourselves and how we can overcome them. The illustrations are brilliant and make the book even more interesting. I will definitely be using some of the principles in this book to tackle some everyday challenges and other bigger ones too. A definite must read for anyone who wants to achieve more with their lives and build their confidence.

Toby Little, age 10

*This book is about making your life awesome, encouraging a growth mindset and marginal gain, so that you can become Kid Awesome instead of Kid Normal. The book has lots of stories about people who keep going when something is hard. Marginal gain is like when you break a big goal down into smaller parts, so that you can do things that will get you a little bit closer to your goal, until finally, you get to the goal itself. The illustrations are more than awesome – double-times awesome, and they are funny, too, they play on words. **The book made me feel more confident in everything I do, and I think it can help other children, too.** It makes you think about making up new rules when old rules don't fit, and think about things from different angles to find solutions. **The book explains that working hard helps you in achieving your goals, and is really inspiring. I loved it!***

Ethan Watkin, age 10

*I was a bit reluctant to read the book as I normally only read story books. My dad persuaded me and said it would help me with my football and it would help me to be braver at trying new things. I enjoyed the book and think I can use some of the ideas like challenging my elastic brain! I will use this book again and again and think I will now try new things when asked as a result. **If you are a bit nervous or unsure of trying new things then I think you should read this book and it will help you to try and be awesome!** The book isn't what I would usually read but I gave it a go and I think it's actually quite good. I don't like change but think I will now be more open to trying lots of things because of the book.*

Ian Watkin (Ethan's dad)

I read this book after my 10 year old son had finished it. The book is a great read and I think it is something that will really help him develop and progress as he grows. I have also taken on board some of the advice and think it will help

me as well as my son. I would urge every parent to get this book and to learn that everyone can be awesome!

Oliver Thorpe, age 11

'You Are Awesome' is a book designed to raise self confidence levels and tell people how to succeed. It is written by Olympic table-tennis champion Matthew Syed, the author of the book 'Bounce'. It is a light yet meaningful read with short, concise chapters and lots of illustrations. This book worked its magic on me, and will probably do the same for many other children. It has sections on self-confidence, practice, continuing in the face of failure and more.

For people who have trouble persevering when they fail, or when the going gets tough, this book will help them in their struggles and should open more doors for them. For people who feel that other people are more naturally talented than them, this book tells them how people can only succeed through practicing something lots and lots. This book has a chapter and a solution for anyone suffering from any kind of self-confidence problem. I would recommend this book to any of those people.

Libby, age 10

I loved this! The book was so inspirational in many ways that I loved, it made me laugh - like digging that hole to Australia, that made me chuckle. I loved the bit about the block running track, and how Matthew smashed his brother's record! Definitely a 5 star rating!

Rachel (Libby's mum)

As a mum of four girls of quite varying ages I have seen over the year the pressures that have mounted on children to be perfect almost without even trying. They wanted to grow up to be on X factor or stars of Youtube like Dan TDM who got rich playing games with seemingly no work involved. This is why I loved this book so much, it shows you that no one is really an overnight success, it peels back the curtains on the efforts you have to make to succeed and most of all it promotes active confidence in the abilities you have instead of endlessly comparing yourselves to others who have it so much better (on the surface!)

*I loved seeing my daughter race through this book and become inspired to be the best version of her that she could be and work smarter, not harder. **It is for***

any child who might be feeling that everyone is getting places except them, who doesn't feel good enough and challenges the thing that holds you back (mostly your own insecurities). I loved this book and Libby cannot wait to take it into school and share it with her classmates.

Daniel Bisland, age 10

This book is AWESOME! This book has boosted my confidence! Before I read 'You are Awesome', I had a Fixed Mind-set but now I have a Growth Mind-set!

Some famous people have also made mistakes or have been rejected, like J K Rowling, who was rejected by 32 publishers with her first Harry Potter book. This book teaches you that some things don't always go to plan but you must never give up! Imagine if J K Rowling had given up? There would be no books, no films, no Harry Potter World ... nothing!

The book also ties in with the National Curriculum. My school talks about having a Growth Mind-set a lot!

I give this book 5/5 and recommend it to 8+ children. I also think that adults and teachers should read it too! This book will boost your confidence at home and at school.

Bella, age 10

'You are Awesome' is a really good book, it teaches you to be really positive and look at life a bit differently.

It starts with telling you how one kid ordinary became kid awesome. It says a lot about changing the way you think about things so that you are not negative or stopping yourself from doing things because you have a closed mind. My mum and I read through this book together and we both really liked it. It's not like most other books I've read that are either stories or facts. Mum thinks my brothers should read it as well as they are in year 10 and 11 doing their exams soon.

Krissy (Bella's mum)

'You are Awesome' is a fantastic self-help book for kids. My husband and I have constantly referred to having a positive mental attitude, whilst bringing up our

children and strongly believe success comes through hard work. 'You are Awesome' backs this up completely. The main message that with hard work, dedication and the right mind-set children will achieve is such a positive message. The chapter on failure is fantastic also, reminding the reader that they will mess up but this is okay.

This book is positive and empowering and there should be copies in all school libraries.

Oliver, age 10

I loved the book because it was written by someone who had worked hard to achieve his dreams, so he knew what he was writing about. I loved the way the book was written in a way kids understand, it was funny and spaced out with pictures. My best bits were the examples of great people who had failed. It's made a difference to the way I approach my school work and I am sure I will go back to it again'

Emily, age 15

I liked the book because it made me think about alternative positive changes I could make to my negative ways of thinking e.g.: I am not so good at sport, how could I do better rather than think I am rubbish all the time?

I loved the famous people bit. I found the examples inspiring. The book was very easy to read and I liked it a lot.

Katie Lonsdale (Emily and Oliver's mum)

*I think this book is really good. I have two different types of children one with a more positive mind-set than the other. For both **it has been helpful** but more so **for my ten year old son who struggles with believing he can achieve things if they don't happen straight away. This book is written in such a way that he can relate to it and laugh at the same time.** There is humour as well as knowledge and it's separated by amusing pictures. My son has got a lot out of the lessons learnt by those that have gone before him and failed and made him realise he can achieve things with hard work. I think this book will be one that the kids will dip into in those times when they are struggling with stuff at school and out of school and one I would certainly recommend to friends*

Jamila Hassan, age 9

***This book was awesome - just like it says on the front cover.** I liked the front cover, it was appealing and made me want to pick the book up. It tells you about growth mind-set and that's what I'm learning about in school. It was a bit confusing when it said stuff like 'kid average', 'kid A' and 'kid awesome'. I like how the book is different and the colours they used black, white and yellow. The last page is the best because it has a picture of Kid Awesome's destination in life - a table tennis player.*

Evie Aconley, age 11

*This book has inspired me to follow my dreams and to try harder with the right attitude. I enjoyed learning about my brain so I now know how I learn things. This book is great at helping me to achieve my dreams so I wish I had this book earlier. I like the fact that the author has tried these out in his own way by being funny and entertaining you at the same time with stories of his life. **I now feel like I can achieve anything if I want to work for it. This is a great book for most ages to build up confidence in anything.***

Helen Aconley (Evie's Parent)

*I liked the way the book had different text throughout; it would appeal to teenagers and reluctant readers by not being page after page of boring text. The book explained different ways of being able to achieve your goals and would be something in which you could read from cover to cover or delve into as and when you need to for the encouragement and help you may need. I thought the author bringing his journey into the book would help other readers and made it more personal and interesting. As well as being helpful for teenagers going through exams, showing simple steps which can help inspire meant the book ticked all the boxes. **Well done Matthew Syed for inspiring confidence in our young children.***

Erica Motoc, age 12

This book is a great way to escape your doubt and start believing in yourself.

*The illustrations are wonderful and make the book that much better and feel complete - **the entire book feels like the drawings and writing fit together in one, awesome jigsaw puzzle.***

Matthew Syed's words stuck into my head and although I finished the book, I can recall all of the truly interesting facts that he listed.

Grace Phelan age 10

This is a mind-boggling book that motivates children and teaches them a thing or two at the same time.** The purpose of Matthew Syed writing this book was so that children could believe in themselves and never give up. He was once our age and in our shoes and struggled at times too. He was terrible at ping pong but he put in so much effort and practise and look where he got to..... he was an Olympic ping pong player and now writer. This book is split into 8 chapters starting from where we are at to where we will be if we take on what it says. This was **a truly inspirational read, jam-packed with good advice that I hope others will use too. For example, if you think that the person sat next to you is better at maths and basically a human calculator then maybe you can train your brain to be just as sharp and snappy. I would recommend this book to 10-13 year olds and to people who don't believe they CAN be awesome. You will learn that you are.

Cameron Lobban, age 13

The kind of book you would look at again and again. Very helpful

The book's aim is to help the reader achieve their life goals. From not giving up on sport to growth mindset. The book is set into chapters so you could dip into what interests you or read it all through. I read it from cover to cover. The only bit I skipped through was growth mindset as I have done loads of that at school. I enjoyed the part with all the celebrity failures. I enjoyed reading it and learnt some things.