



November 21, 2017

Entry Title: Why We Overeat and How to Stop

Author: Elizabeth Babcock, LCSW

Judge Number: 37

Entry Category: Inspirational

Books are evaluated on a scale of 1 to 5, with 1 meaning “needs improvement” and 5 meaning “outstanding.”

Structure, Organization, and Pacing: 5

Spelling, Punctuation, and Grammar: 5

Production Quality and Cover Design: 5

Voice and Writing Style: 5

Judge's Commentary:

Author promises ‘a better way’ with regard to achieving a healthy relationship with food, and delivers far more than promised. We not only get a better way, we get multiple course corrections so that we can pull out from our new arsenal – provided by this book – just what we need to face down our nutritional demons and dangerous food habits. The author has put great effort into structuring this book for maximum delivery and maximum inspiration. As each chapter turned to next, I found myself nodding at the author’s choices and enjoying the freshness of concept structure as the pace progressed at a nice cadence. Author has a tremendous talent for structuring, and for timing the deliveries of exceptional insights. Well done.

I love how the author points out an error with gentleness toward the reader. We may be guilty of eating in front of the television set and creating special rules of exemption during the holiday season, but we never feel shamed. Author has a fine way of pointing out where we don’t serve our best interest, and wisely continues with multi-pronged methods to make better choices. Well done.

Nice follow-through. Author's writing voice is engaging and instructional, natural in conversation style yet still bearing a tone of authority we're all too happy to listen to. Well done.

Author strikes a nice balance with relatability. We receive positive messaging at all the right points in this book, including page 55's stellar summation and encouragement. Author delivers reassurance right when we need it. Very well done.

The rewards and treats list, plus suggestions on what to do rather than turn to food, on pages 194-196 stand out as well-crafted suggestions, smartly steered away from the expected and including a number of unique ideas the reader feels inspired to try. A fulfilling book filled with relatable and resonant ideas, and the author's efforts evident. Nicely done.

—Judge, 25th Annual Writer's Digest Self-Published Book Awards