

Book Review

Information on the book being reviewed, for example: *Functional Foods and Their Implications for Health Promotion*. By Zabetakis, I., Lordan, R., Tsoupras, A., & Ramji, D. (2023). Elsevier, 386 pp. ISBN: 9780128238110 [Maiandra GD; 13pt; Bold; Single]

Writers of book reviews typically progress through four stages, as follows:

1. Introduce the book [Maiandra GD; 12pt; Single]:
 - outline the general topic
 - indicate who the book is for
 - place the book in its field.
2. Outline the content of the book [Maiandra GD; 12pt; Single]:
 - give a general view of its the organization
 - state the topic of each chapter/section.
3. Highlight parts of the book [Maiandra GD; 12pt; Single]:
 - select particular chapters or themes for evaluation
 - critique the argument of the book.
4. Evaluate the book [Maiandra GD; 12pt; Single]:
 - comment on aspects of the content
 - indicate how it meets the readers' needs
 - remark on its format, price, and value for money

Reminder: Writing good academic book reviews gets easier with experience, just like any skill. And provided you meet your deadlines and are amenable to any changes your editor may wish you to implement, your opportunities to make contributions in this genre and to the collective pursuits of a community committed to the advancement of knowledge will only increase with time. All you need to do is take that first step.

Reviewer identity

Example:

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