

Book review: this is me! whatever you say

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Abstract - The purpose of writing is to convey to readers whether a book or work deserves a response from the public or not. Besides that, it is also to give considerations to other works of art such as plays, films, and a performance. Because the considerations conveyed by reviewers must be adjusted to the tastes of readers, a review published in a magazine may not be the same. The method we use in reviewing a book entitled "This Is Me" is the reporting method. The reviewers intentionally describe the contents of the book, and expresses the opinion through details that the reviewers select and omit. The reviewers would present the result of the review. This book has the benefit of encouraging readers of any age, whether young or old, to love themselves without having to worry about what other people think. Become a more confident person, and the story teaches the readers that even if someone falls and gets hurt, they have to do their best until it is time to heal. Such mental strength grows when one has the drive to make it even better. This book seems easy to understand because the language used by the author is light and contains many motivational sentences. This book really helps teenagers to believe more in their potential without worrying about other people's comments that harm them. This book manages to package the problem as well as the solution. There are case studies and motivational sentences that can encourage readers. The conclusion is if one feels that one cannot love him or herself, he or she does not know themselves deeply, and they still ignore other people's negative words. This book will guide the readers to solve the personal problems everyone is experiencing. By reading the book, it will make the readers or individuals can do various things without thinking about negative comments from other people.

Keywords: achievement need; building self-confidence; self-esteem; self-motivation

I. INTRODUCTION

Description of The Book

Title	: "This Is Me! Whatever You Say"
Author/Writer	: Muhajjah Sartini
Publisher	: C-Klik Media
Time	: March 8, 2019
Number Of Pages	: 233 sheets
Book Size	: - length 20 cm - width 14 cm, - weight 0.25 kg
ISBN	: 9786025992230
Price	: Rp 40.000,00

Synopsis

Everyone is free to take the path they like and believe in. Everyone has the right to love himself before taking care of many interests, preparing whatever is needed for his comfort, also supporting his expression, creativity, and abilities to be developed as much as possible so that they don't become aimless zombies. This book invites to leave those who become beings who have lost direction and purpose in their lives, who make their routine as killers from the side of the soul.

The book review aims to convey to readers whether a book or work deserves a response from the public or not. Besides that, it is also to give considerations to other works of art such as plays, films, and a performance. Because the considerations conveyed by reviewers must be adjusted to the tastes of readers, a review published in a magazine may not be the same.

The following are some of the purposes of writing a review.

- Convey information to the readers whether a work deserves a response or not.
- Shows the readers whether or not it is worth reading.
- Notifying readers about new books and reviewing the strengths and weaknesses of the book.

II. METHOD

Determining the book to be reviewed: The first way is, you consider what books you will be sensitive to. What type or genre of book will you review. Does it include works of fiction such as novels, short story anthologies, poetry anthologies, romances.

Reading the book to be reviewed: Well, at this stage you can read all of them or with speed reading techniques, so you don't have to spend time reading them. Anyway, you can take the essence of the book.

Recording data or information on books to be reviewed: Record the data and information from the book that the reviewers will review.

Writing important points in the book: The step that is considered quite difficult is when it comes to writing the contents of a book review. Write down the points that are important to the reviewers. Note also quotes that you find impressive, don't forget to mark the page. Rewrite ideas that are considered important into short essays that have an integral whole.

Writing content reviews: Next is to write the contents of the review, in this way is how you provide comments and views on the book you are reviewing. The steps in writing the content of the review are a) creating general information about the book reviewers are reviewing. b) composing the book review title. c) making an outline book summary. d) providing an assessment of the book that is reviewing. e) Highlighting the other side of the book you are reviewing. f) Reviewing the benefits of reading the book for readers. g) Writing down the strengths and weaknesses that exist in the book. h) Evaluation in terms of the completeness of the work, EYD and review systematics.

Writing conclusion: The last way is to express what you get from the book the reviewers are doing. Advise readers why they should read the books you are reviewing and what they might lose if they don't.

III. RESULTS AND DISCUSSION

In this part, the reviewers would present the result of the review. So, from the review, after reading a book called 'this is me', the reviewers think this book has the benefit of encouraging readers of any age, whether young or old, to love themselves without having to worry about what other people think. Become a more confident person. and teaches us that even if you fall and get hurt, you have to do your best until it's time to heal. Such mental strength grows when we have the drive to make it even better. This book seems easy to understand because the language used by the author is light and contains many motivational sentences. This book really helps teenagers to believe more in their potential without worrying about other people's comments that harm them. This book manages to package the problem as well as the solution. There are case studies and motivational sentences that can motivate readers. However, it's a shame that if this book contains a lot of pictures that are not coloured, readers may get bored reading this book for a long time.

At present there are many teenagers who do not believe in their abilities just because of the negative comments made by other people about what they do and what they decide to do. Many of the teenagers do not understand their potential. Such mental strength will grow if there is motivation that encourages us to do this even better. Motivation is the strength or power within a person to move towards a certain goal and this motivation arises from ourselves and from the environment around us.

Intrinsic motivation will be more beneficial and provide consistency in learning. Meanwhile, extrinsic motivation cannot be controlled by individuals because it comes from outside themselves. Many of us forget to talk to ourselves. Maybe just to ask whether it is good for us or even bad for us sometimes our

conversation with someone will have a bad impact on us. For example, when someone criticizes us, we will definitely think about what that person said. It is possible that we will fulfill everything that person says even though it is clearly not in line with our wishes.

Talking to ourselves will make us more aware of ourselves, our potential, whatever things are comfortable for us. Sometimes we feel alone in life. However, we forget that humans are not only social beings but also individual beings. We must instil independence from an early age. Socializing is necessary but we must have thick boundaries for ourselves from other people. The limitation can only be built by ourselves.

Because this book is mostly self-motivation then it will be a solution to youth problems that arise in this era, starting from exploring identity, self-potential, how to motivate ourselves, appreciating all our achievements, and putting ourselves first than others. This book will also be a solution for parents, so that they can motivate their children to do what is good for them.

Strength and Weakness

This book seems easy to understand because the language used by the author is light and contains many motivational sentences. This book really helps teenagers to believe more in their potential without worrying about other people's comments that harm them. The problems and stories that the author brings up make us more grateful and love everything we have. This book manages to package the problem as well as the solution. There are case studies and motivational sentences that can motivate readers. The author discusses many problems that occur and often occur. In this book, the author encourages readers to be more confident in their abilities without worrying about negative comments from others about us. However, it's a shame that if this book contains a lot of pictures that are not coloured, readers may get bored reading this book for a long time.

IV. CONCLUSION

Today, many teenagers are distrustful of their abilities simply because others make negative comments about their actions and decisions. Many teenagers do not understand their potential. This book is a solution to the problems faced by teenagers so far.

First, the readers will appreciate the identity they have, their potential, our motivation, all your achievements, and become more interested in yourself than other people. This book will also be a solution for parents to motivate their children to do good things for themselves.

So, if someone feels, he or she cannot love themselves, they do not know themselves deeply, and the readers still ignore negative words from others, then this book can solve the personal problems ones are experiencing. It is hoped that by reading the book "It's Me! Whatever You Say" will make you a person who can do things without thinking about negative comments from other people.

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