

Book review



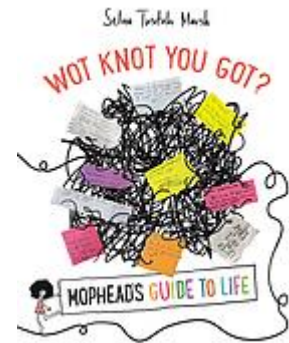
Wot knot you got? Mophead's guide to life

Author: Selina Tusitala Marsh

Year: 2023

Publisher: Auckland University Press

ISBN: 9781869409548



The book "Wot Knot You Got: Mophead's Guide to Life" by Selina Tusitala Marsh is an interesting take on mental health in young people. Marsh's use of children's real-life experiences helps the reader to truly connect with the author, and makes the book more interesting and enjoyable.

The authors use of rhyme and poetry is a clever way to educate young people about mental health. Marsh's openness with her own mental health - her knot - is reassuring to read and made me feel less alone in my own mental health struggles.

Although this book is meant for the younger audience, I can say as a 17 year old I reread this book multiple times. I highly recommend this book to anyone looking for a sweet, inspirational read.

Review by Maya Russell.

Disclaimer: Please note these reviews are not intended as endorsements or recommendations from the Mental Health Foundation. This feature introduces resources that may be useful for individuals with an interest in mental health and wellbeing topics.