

# Book review



## Hope is a verb: Six steps to radical optimism when the world seems broken

**Category:** Book Reviews / Self-Help

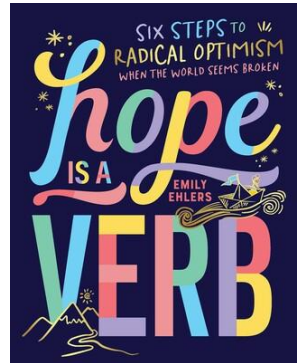
**Author:** By Emily Ehlers

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**Publisher:** Murdoch Books

**ISBN:** 9781911668176

**Audience:** Self-help



*Hope is a Verb* is a beautiful book. It's a meaningful story of hope accompanied by absolutely stunning illustrations. However, don't let the fact that it's a picture book trick you into thinking it's a book exclusively for children. *Hope is a Verb* can, and should be, enjoyed by all. I wanted to cut the pages out, frame them and hang them all over my house as they are such beautiful pictures combined with inspiring messages that I would love to see every day.

The main message of the book is finding hope even when the world and our place in it seems confusing. The book encourages readers to slow down, own their place, and know their worth, while knowing that no matter what, it's never too late to reignite your spark. The writing is not what you would expect, made up of lists, paragraphs, words intertwined within the pictures, and diagrams. The writing has powerful messages presented in an easily digestible format, and each reader will likely take away a key few messages from the book each time they read it.

Not only is the story informative and readable, it is accompanied by beautiful illustrations. What I loved most about the illustrations is the inclusivity. All types of people are represented, something that is not often accounted for in a lot of literature. From different ethnicities to disability inclusiveness, everyone who reads this book will be able to find themselves within its pages. In line with this, the book addresses current and relevant world issues, making its content relatable to readers young and old. Not only does it highlight relatable issues, it also covers inclusive solutions to these issues even if it is just being brave enough to want to make a difference to life.

This is a book I would love to see around more. It has a place in schools, in libraries, on coffee tables and nightstands of kids and their parents. It's one to read together with younger readers, or one to read alone as a reminder of how to find the joys in a busy life.

It is a beautiful book, meaningful message and one that has left a lasting impact on me.

**Review by Hannah Longley – Child and Adolescent psychotherapist | @readwithhannah\_**