

THIRTY TO SIXTY DAYS

by Alikay Wood

Published in 2023

Rating (0 stars is the absolute worst, 10 stars is the BEST BOOK EVER)



Genre(s):

☐

Contemporary/Realistic

☒

Action/adventure

☐

Science Fiction

☐

Fantasy

☐

Romance

☐

Horror

☐

Mystery

☐

Nonfiction

☐

Historical fiction

☐

Other:

Thirty to Sixty Days follows a person who was caught up in a moment of an emotional and mental crisis. Throughout the short chapters the book explores the healing process. It dove into a deep journey of honesty and emotional connection.

I found the book extremely powerful and inspiring. The author doesn't glamorize mental and emotional illnesses, but instead uses poetic language to describe painful experiences. It wasn't an easy read in my opinion, but it made me reflect on how we view mental health as a society, and how the healing process can feel like.

I would absolutely recommend this book to readers who enjoy stories that revolve around healing and mental health. It is definitely not a book that's for a light reading.

By Nora M, 10th grade, enjoys reading mystery, romance, nonfiction, and action/adventure