

Sacramento Book Review



Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

100 Meditations

By Michael Crawford

Innovative Industries, \$18.95,

242 pages

Giving 100 different little, usually 1- to 2-page, pieces of advice about life in general, Michael Crawford relates most of them through personal experience. His small insights, some of which are universally true (and conversely, also cliché), some of which are genuinely unique, and some of which fall somewhere in between, all seem to fall into what most would consider to be “common sense.”

Yes, it is true that common sense is not so common, and it is true that just because something is common sense doesn't mean that it isn't good advice, there is still just something missing that would make it a great book. In addition to containing some unoriginal content, parts of it can be a tad sickly-sweet in how they are inspirational. However, barring all of this, the advice offered in *100 Meditations* will undoubtedly work at doing what it attempts to accomplish.

Reviewed by Jordan Dacaynan

