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Lifestyle Book Reviews

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New World Library, May, 2005
Paperback, 200 pages
ISBN: 1577314832
Ordering information:
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[Sometimes Exceptions Are the Rule by Sheila Cole](#)[A Thing For Garbage by Elizabeth Royte](#)**Features:**[Book Reviews](#)[Return to This Issue's Index](#)[Return to Homepage](#)[RSS Feed](#)[Subscribe](#)

Journalution is an inspirational guide full of advice, encouragement and exercises to help you use a journal to find out more about yourself. Author Sandy Grason helps journalers write down their innermost thoughts, fears and dreams. Grason says that journaling is a powerful tool that helps people to find their true voice, realize their dreams and make their lives better. "Journaling has the power to do all of this by bringing you back into the present moment and turning up the volume of your inner wisdom. I want you to be swept away by the magic of this moment, to float off the page into the heavens. I want you to lose yourself completely in the act of writing. Just when you have fallen under the spell of your creative mind, you will find the key, you will have the revelation, you will feel the aha! And a wonderful energy will lift you up. Amazingly, all it takes is a piece of paper and a pen." Those who are concerned that they won't be able to think of anything to write about or that they're "not doing it right" shouldn't worry. The author provides thought-provoking exercises throughout the book with an index of journal exercises near the back. And as the author tells readers: there are no rules for journaling. Grason also provides some guidelines for organization a journalution group with friends. *Journalution* is a great book for people curious about journals and the benefits journaling can offer. People who already have a journal can learn how get more out of their journaling by digging deeper into themselves and discovering their hopes and dreams. Sandy Grason also has a helpful website at [journalution.com](#) which offers a newsletter, an online community and other resources.

**[MYSQL in a Nutshell by Russell J.T. Dyer](#)**

O'Reilly, May, 2005
Trade Paperback, 321 pages
ISBN: 0596007892
Ordering information:
[Amazon.com](#) | [Amazon.co.uk](#)

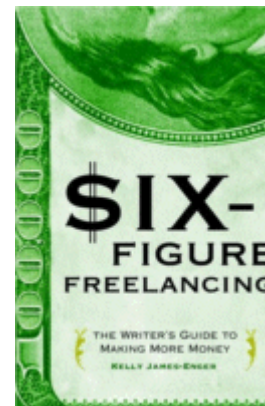
MySQL has become one of the most widely used database tools. *MYSQL in a*

Nutshell Author Russell J.T. Dyer says there are over 4 million installations of MySQL in use worldwide. *MySQL in a Nutshell* is designed as a quick reference guide to the functions, statements and syntax that developers use when working with a MySQL database. The initial chapters instruct readers about how to install and configure MySQL, how to administer a MySQL server and how to format MySQL queries. A large section in the book is dedicated to SQL statements. It includes a comprehensive list of all MySQL supported SQL statements and their subclauses. Another section covers the code and functions used when using Perl, PHP and C APIs to run MySQL commands and queries. Anyone using or considering using a MySQL database should have a copy of this helpful quick reference book nearby.

***Six Figure Freelancing* by Kelly James-Enger**

Random House, April, 2005
Paperback, 302 pages
ISBN: 0375720952
Ordering information:
Amazon.com | Amazon.co.uk

Kelly James-Enger, a lawyer turned full-time freelance writer, turned her freelance business from a \$17,000 a year business to a six figure business in just six years. In *Six Figure Freelancing*, Kelly James-Enger teaches writers what she has learned along the way. She advises writers on subjects such as networking, building client relationships, developing a writing system, negotiating contracts and setting goals. She teaches writers to approach freelance writing using common sense business practices and organizational skills. For example, she provides a chapter that helps freelance writers set up their office and workspace. She discusses business cards, computers, software and record keeping. Ms. James-Enger also provides a great chapter about designing effective writing templates that can be used and re-used for query letters, proposals, invoices, etc. Reading *Six Figure Freelancing* is a great way to get motivated. The book is chock-full of tips which will boost any freelancer's bottom line.



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