Clarion Review

Body, Mind & Spirit

Magic Bullets
Jessyca Elayne Allyn
Lulu
978-1-4583-3276-9
Four Stars (out of Five)

Often, all a person needs to live a healthier life is the inspiration. Jessyca Elayne Allyn's *Magic Bullets* offers a guide to living a life worth loving. Her "Stand Alone Truths" (SATs) provide advice for the soul, for suffering, and even for how to approach joy, happiness, and time. Perfect for the nightstand, coffee table, or to tote around throughout the day, Allyn's book is like coffee for the soul—a means through which readers can learn to perk up and pay attention to the world's challenges and beauty.

Magic Bullets does not have to be read from first page to last, which is one of the book's strengths. The reader can flip through the text to find content most relevant to their needs. Whether consumed in one sitting or flipped through over a period of time, it is easy to absorb Allyn's short, stand-alone truths and inspirational ideas.

Some sections are longer than others. "Consciousness" has one bullet point, whereas "Bliss" has fourteen. This imbalance may throw off the attentive reader. Allyn chose to organize her SATs by ending the book with "Work" which seems almost too blunt for a book focused on offering people new perspectives for approaching life.

Allyn's bullet points of inspiration are concise and easy to understand, ensuring that everyone from academics and stay-at-home mothers to high school students and businessmen can feel emotionally moved by this book. For example, Allyn writes in the "Love" section that: "Life is too short not to love every moment." This is a bluntly worded truth but resonates because of its candor. Readers will feel energized by such direct statements.

Covering everything from work and healing to obstacles and love, the author's advice is universal, effective, and easy to digest. She writes, "We must know who we are before we can be who we are." Allyn's *Magic Bullets* will help people both young and old live a more purposeful and engaged life.

Lisa Bowers