

Reviewed by Maryann Namayi for Readers' Favorite

**Heartspoken: How to Write Notes that Connect, Comfort, Encourage, and Inspire** by Elizabeth H. Cottrell is a nonfiction self-help book that teaches readers how to write notes that connect with others on a deeper level and provide comfort and inspiration. Cottrell offers a comprehensive professional note-writing guide covering everything from business notes to personal letters. She uses the easy-to-remember NOTES formula to facilitate the learning process. This formula provides learners with a structured approach to note writing, enabling them to convey their most sincere emotions and thoughts effectively. Whether writing short notes or letters, her guidance can help readers preserve their heartfelt sentiments while giving them a voice.

Elizabeth H. Cottrell emphasizes the unique value of note writing as a form of communication that goes beyond words to encourage new ideas and connections. She shares her experiences with handwritten notes as powerful tools for building relationships and conveying support, encouragement, love, and gratitude. Written during the COVID-19 pandemic, *Heartspoken* also offers insight into the challenges the author faced and overcame. It is an uplifting and engaging read, carefully organized with creative graphic elements to enhance reader engagement. Each chapter is thoughtfully structured to provide context and understanding. Cottrell's writing is both informative and inspiring, making this book a valuable resource for anyone seeking to improve their note-writing skills and build stronger connections through the written word. I highly recommend it to anyone seeking personal or professional growth.

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**Heartspoken: How to Write Notes that Connect, Comfort, Encourage, and Inspire** by Elizabeth H. Cottrell is a nonfiction self-help book that aims to build confidence by discussing the benefits of positivity and how to use it to help others. She teaches readers how to write notes that connect with others on a deeper level and provide comfort and inspiration. Cottrell offers a comprehensive professional note-writing guide covering everything from business notes to personal letters. She uses the easy-to-remember NOTES formula to facilitate the learning process. This formula provides learners with a structured approach to note writing, enabling them to convey their most sincere emotions and thoughts effectively. Whether writing short notes or letters, her guidance can help readers preserve their heartfelt sentiments while giving them a voice.

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