



Author Academy eCourse Video 2 Exercise 2

Write down your research findings for your book:

A good tip for bad information is to check their spelling and grammar, plus the look of their website, if it's bad then guess what the information is also bad! These days Google has some great algorithms in place to stop this bad information from getting in front of us, however, some websites are still not credible, so just be careful.

Just like websites, I also researched many blogs and articles on anxiety and depression, there is plenty of great information out there, again, be careful because there is a lot of rubbish as well.

Name of websites with good information:

URL for Blogs/Articles:

