

***In Conclusion, Don't Worry About It* by Lauren Graham**

This book by actress Lauren Graham is an expanded version of the commencement speech she gave at her alma mater, Langley High School, in 2017. It's a short, sweet, glimpse into some of the lessons she's learned over the course of her career. As a fan of Graham's work, it was easy to hear her voice in my head as I read her words. One quote in particular is something I wish that I would have taken to heart during my undergrad days - "Don't be perfect, just be done." That was something I desperately needed to hear while staying up until 4 am night after night putting endless finishing touches research papers. Graham's advice is great, but I do wish there were more of it. I also really enjoyed her illustrations sprinkled throughout, but again, I wish there were more of them.

It would be a great book for a recent graduate, someone just starting out in a new career, or someone who is at a crossroads in life. This is definitely the type of book I'd come back to time and time again for a little pep talk. Because sometimes we all need that little reminder to stop worrying so much.

GK