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This book was developed out of a need to offer students of French a user-friendly revision manual. Its format is that of a self-learning manual, which aims to provide learners with a systematic revision time of between 30 minutes to one hour everyday for thirty days in preparation for the UK "A level" exam.

According to the author, a Senior Lecturer in French at the University of Aberdeen, this book "offers a complete thirty day revision program that is guaranteed to bring results". The motivational drive, as the title suggests, is to achieve better grades in any type of end of year French written assignments. Thus, the content is structured into 29 days or sections, with one day set for final revision. There is also a progress chart, which students fill in to track their daily progress, and answers to exercises are included in a final section.

The short bibliography invites the serious student to consult the latest edition of *A Comprehensive French Grammar* by Byrne and Churchill, and French Grammar and Usage by Hawkins, both of which can be considered thorough and reliable resources. A helpful device has been to include, at the end of each section, references to the precise pages and chapters in these books. Further explanation of key points, which, out of pragmatic considerations, are treated in a succinct form in this manual, can thus be gained. As is to be anticipated, practice exercises are emphasized because it is assumed that the real learning has occurred during a period of previous study at High school.

The content is well organised with each section focussing on a specific learning outcome, for example, Agreement of verb and subject (Day 1), Alternative to adverbs (Day 6), False friends and anglicised spelling (Day 10), Sentence openings (Day 24), Conjunctions (Day 25), Highlighting and emphasis (Day 26). As can be gleaned from this short selection, the pedagogical structure is not entirely driven by the grammatical content but by the purposefully built in strategies to eliminate basic errors such as spelling and other slips of the pen. Applications include gap filling exercises with the word or appropriate expressions given in English, rewriting sentences by substitutions of tense or other appropriate vocabulary, identifying errors, and so on. Besides eliminating spelling and grammatical errors, two other key strategic areas focus on increasing and consolidating vocabulary, and improving style. Thus, grammar, vocabulary and style are given an even spread, and a sensitive approach to the student' own learning rhythm is displayed. In the introduction, the author offers some practical advice and proposes specific instructions on how to use the book in order to organize one's revision time.
efficiently. In fact, what may appear as a checklist of revision points from the Contents page is much more engaging as a result of this approach. As a way of reinforcing this point, the progress chart invites students to use a different colour to assess if they are weaker in one of the three areas of grammar, vocabulary and style and to concentrate accordingly on improving that area.

Upgrade Your French is to be appreciated by students who are likely to benefit from an approach that is easy to use, practical and aimed at improving "outcomes". It is suitable for students of French in any year of their degree. A similar version exists for students of Spanish and German.