"CPIT221 Worriers to Warriors" is a collection of mature students' stories about their technical writing course experiences. The author has done an excellent job of compiling these stories into a single, cohesive narrative that provides valuable insights into the challenges faced by older students and the strategies they use to overcome them. The book is full of practical tips and advice that can be applied to anyone looking to improve their writing skills.

Overall, I highly recommend this book to anyone interested in technical writing or the experiences of mature students. The stories are well-written and engaging, and inspire and encourage anyone facing similar challenges.