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Skinny: A Novel (Teen Books: NavPress)



Synopsis

Teenager Melissa Rollins has got the eye of the cute new guy in school. The one thing Melissa doesn't have is a perfect body. Strict dieting and throwing up can't be all bad, can they?

Book Information

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Age Range: 12 and up

Grade Level: 8 and up

Customer Reviews

The 'need' to be thin continues to plague American girls, and Laura Smith tackles this tough topic in her debut teen novel with thoughtfulness and style. Girls are going to relate to Melissa and her struggle to 'look good.' --Melody Carlson - author of the TrueColors and Diary of a Teenage Girl series
A real story for real girls. If you've ever felt overwhelmed by schoolwork, relationships, your friends, or activities, you need to read this book. --Heather Gemmen Wilson - Best Selling Author
Melissa is a vibrant teen who teaches readers signs of an eating disorder and the value of spirituality in working through the treatment. Skinny is powerful because it heightens the awareness of eating disorders--the key to early diagnosis and treatment, which translates to improved adolescent wellness. Thank you, Ms. Smith, for empowering young women! --Dr. Michelle Naegele - Christian doctor; former chief of staff, McCullough Hyde Memorial Hospital; mother
Adolescent readers will appreciate this true-to-life account of the ambivalence, pain, and emotional struggle of living with an eating disorder. The seemingly 'normal' drive to achieve, win the favor of a young

man, and please one's parents is captured in a readable text that does not underplay the real consequences and health risks that accompany eating disorders. The importance of spiritual connection, not always portrayed in similar stories, is an added bonus. --Julie Campbell-Ruggaard - PhD, LPCC, RN

Teenager Melissa Rollins seems to have it all, and now she's got the eye of the cute new guy in school, Beau Pointreux. The one thing Melissa doesn't have is a perfect body. There are ways to fix that, though. Strict dieting and throwing up can't be all bad, can they? Melissa soon finds the consequences are devastating, but turning back isn't so easy. Will she hear God's voice before it's too late?

Typical Melissa: "Melissa opened the pantry: chips, Twinkies, cheese crackers. "Translation: fat, fat, fat," she murmured. She couldn't bring herself to eat any of it. She turned and opened the fridge: leftover bacon, grease, a slice of cheesecake, calories, lots of calories." High school isn't easy even at its plainest. But when one adds tons of homework, a cute boyfriend, and rigorous dance classes she just might go crazy. Or go thin. Melissa feels all the pressure on her and seeks to control the one thing she can: food. But when problems go sky-high and she constantly feels hollow, will her strategy work? Doesn't God want her to be thin? *Skinny* explores a topic that's pretty close to my heart - anorexia. The disorder has captivated my interest for years. Starving yourself to fit in is so easy... and so wrong. It's a problem many teenage girls get into because of all the pressure and expectations others - and they themselves - have for them. The media version of beautiful doesn't help in the least. *Skinny* delves into the thoughts and feelings leading to an eating disorder. Laura also shows us what God has to say about food, and that is so powerful. God is, in fact, a great Curer, and He heals to this day. I think the story could have been even better if written in first person, not third. Also, Melissa's boyfriend was underdeveloped and could have been improved by having other dimensions besides being cute. A scene/scenes from either church or youth group would have added to the spiritual side of the novel. Overall, Laura L. Smith has written a story that dips into a large and real problem teens face. She reminds us that God is the solution to it. This is the first in the False Reflection series. The second and third are *Hot* and *Angry*.

I was honestly a bit disappointed, I'm not going to lie. I did not feel like this book offered a realistic outlook on eating disorders, and self-image issues. The entire time that I read this book, I was thinking, "this book sounds like it was written from the perspective of a mother on the PTA who just

got pamphlets on how to discuss anorexia with your teen." The main character did not seem like an actual teenage girl, she seemed like what parents want their kids to be. She sounded fake. I was hoping to see her suffer, to see her feel the pain, and then see her start to recover, then see her actually want to recover and live a healthy life. I felt that this book just was not realistic, and it gave no hope or guidance for a person trying to recover from an eating disorder.

Sadly, there are too many stories akin to this one. . . I lived through one of those stories and it is truly a tough battle. Although GOD works all to His good purposes and I believe His Glory was lived out through the struggle, the consequences of our free will are oftentimes permanent. . . I was 79 pounds. . . 5ft 3 1/2 in and only 13 years old. I had lost the will to keep living but God didn't let me go. His hands held me. . . even when I fought them. He stayed me from ending my life own life. . . Know this, dear reader, there is a God, He exists, if it were not so, I would not be here. . . Neither would you.

Skinny is about a young teen in her freshman year of high school. She's on the dance team, she's striving for top grades and keeping up with assignments and tough course work. She's popular and on the dance team and striving for the goal of team captain and she's in love with star athlete Beau who at times seems distant. She begins to diet like many young women and eventually eating becomes the one thing that she can control. As her life begins to spiral out of control, will she lose control of herself? And who in the end has control, her or the eating disorder? This is an awesome book for all teens, especially those suffering from self-image issues and eating disorders. Author Laura Smith's characterization was awesome and the story's plot flows beautifully. She tries to capture the everyday angst and joys of teen-life and gives the reader a glimpse of the struggles of eating disorders and how easily anyone can slip into one. I highly recommend this book!

This book really touched me. It was very beautiful and so well done. Knowing a couple people with anorexia and struggling with eating and such has really made this book hit home for me. This book was really well done and shone a light on eating disorders and a struggle in many teenagers these days. *cue sadness* Anyways. This book was absolutely fantastic and a well written, thought provoking, novella. Once again, Laura Smith's writing is amazing and really draws me in instantly! Melissa was such a sweet, adorable character who struggled with her weight. She constantly compared herself to her friends and those around her and that didn't help with her insecurities. As Melissa went through everything and started (eventually) on her road to

recovery my heart just went out to her. At points it just screamed reminders of someone I know who was going through the same thing and at points I was afraid to admit that my line of thought and such were the same as the characters. Laura did a fantastic job of really making the characters relatable (Whether or not you struggle with an eating disorder or anything like that) This book was beautifully done and a great read that I finished very quickly indeed.

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