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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

Series: Teen Books: NavPress

Paperback: 176 pages

Publisher: Think (September 30, 2008)

Language: English

ISBN-10: 160006356X

ISBN-13: 978-1600063565

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (184 customer reviews)

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Age Range: 12 and up

Grade Level: 8 and up

Customer Reviews

Melissa is just your typical teenage girl who likes hanging out with her friends, hoping to catch the new guy's eye, and trying out for the dance squad. However behind her happy facade lies a dark secret that she's hidden from everyone else. Melissa has an eating disorder which she denies to even herself. She's doing everything to stay thin, even to the point of justifying that the Bible preaches that God doesn't want her to eat. She thinks she'll be able to control it but soon finds out that being too skinny just isn't worth it. It's frustrating to read about girls who have eating disorders. You want to tell them, you don't need to lose weight, you're fine just the way you are. It pains you to see someone hurt themselves. However as uncomfortable as this topic can be, it's a serious issue that needs to be brought into the open. This book perfectly captures the life of a teenage girl with an eating disorder. Melissa is your average teenage girl who just wants to fit in during her high school years. I liked how the author made her likable and modern without being too trendy. The dialogue between the teens was realistic and perfectly captured what life is like for the average teen girl

(complete with those mean girls!!). However as the story progresses, the reader soon learns that Melissa is facing a battle with herself and her body. What I thought was most interesting about Melissa's situation is that she doesn't try to lose weight because of a boy. While she does have a relationship with a guy throughout the book, he's not really a factor in her decisions to not eat. Her real reasons were more with trying to maintain control in her life, and this was the only way that she could.

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