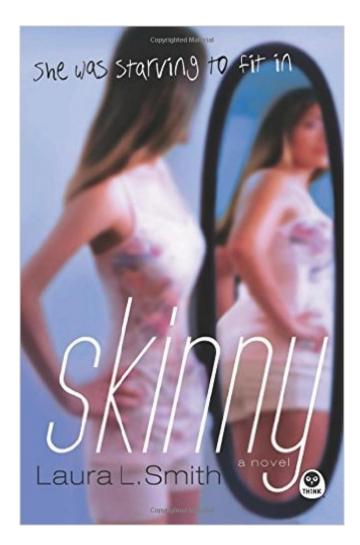
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# Skinny: A Novel (Teen Books: NavPress)





## Synopsis

Teenager Melissa Rollins has got the eye of the cute new guy in school. The one thing Melissa doesnâ <sup>™</sup>t have is a perfect body. Strict dieting and throwing up canâ <sup>™</sup>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 Â See all reviews (184 customer reviews) Best Sellers Rank: #2,706,107 in Books (See Top 100 in Books) #44 in Books > Teens > Literature & Fiction > Religious > Christian > Emotions & Feelings #72 in Books > Teens > Literature & Fiction > Religious > Christian > Values & Virtues #158 in Books > Teens > Literature & Fiction > Performing Arts > Dance 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 likes 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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