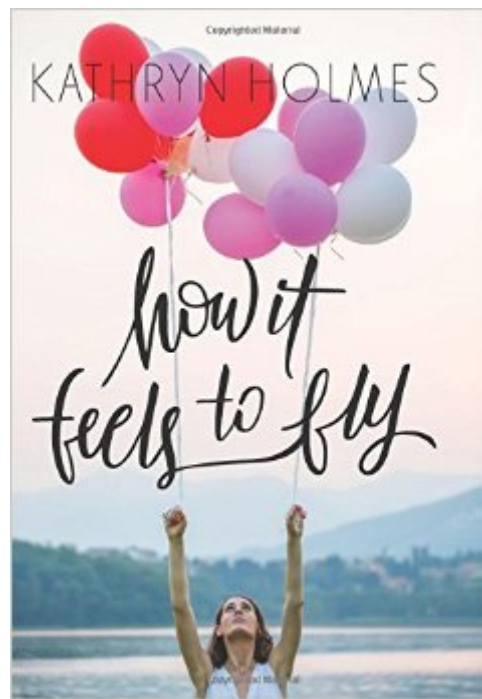


The book was found

# How It Feels To Fly



## Synopsis

A struggle with body dysmorphia forces one girl to decide if letting go of her insecurity also means turning her back on her dreams. Sam has always known she'd be a professional dancer but that was before her body betrayed her, developing unmanageable curves in all the wrong places. Lately, the girl staring back at Sam in the mirror is unrecognizable. Dieting doesn't work, ignoring the whispers is pointless, and her overbearing mother just makes it worse. Following a series of crippling anxiety attacks, Sam is sent to a treatment camp for teens struggling with mental and emotional obstacles. Forced to open up to complete strangers, Sam must get through the program if she wants to attend a crucial ballet intensive later in the summer. It seems hopeless until she starts confiding in a camp counselor who sparks a confidence she was sure she'd never feel again. But when she's faced with disappointing setbacks, will Sam succumb to the insecurity that imprisons her? This compelling story from Kathryn Holmes examines one girl's efforts to overcome her worst enemy: herself.

## Book Information

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Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #526,976 in Books (See Top 100 in Books) #46 in [Books > Teens > Literature & Fiction > Performing Arts > Dance](#) #262 in [Books > Teens > Literature & Fiction > Social & Family Issues > Depression & Mental Illness](#) #458 in [Books > Teens > Literature & Fiction > Social & Family Issues > Self Esteem & Reliance](#)

## Customer Reviews

“If you want to conquer the anxiety of life, live in the moment, live in the breath.” —Amit Ray  
Kathryn Holmes, an American author, pens a heart touching and extremely enlightening YA contemporary fiction novel, *How It Feels to Fly* that tells the story of a young, aspiring and really dedicated female ballet dancer who faces image as well as body issues when her body starts to develop curves that is a strict rule against someone who is going to perform ballet professionally,

and that depresses her, not to mention, her mother's constant obsession does not help her a bit, instead she is sent away to a summer therapy camp, where she gradually stops believing in herself and her body and also fears to lose her only dream of being a ballerina. Synopsis: A struggle with body dysmorphia forces one girl to decide if letting go of her insecurity also means turning her back on her dreams. Sam has always known she'd be a professional dancer but that was before her body betrayed her, developing unmanageable curves in all the wrong places. Lately, the girl staring back at Sam in the mirror is unrecognizable. Dieting doesn't work, ignoring the whispers is pointless, and her overbearing mother just makes it worse. Following a series of crippling anxiety attacks, Sam is sent to a treatment camp for teens struggling with mental and emotional obstacles. Forced to open up to complete strangers, Sam must get through the program if she wants to attend a crucial ballet intensive later in the summer. It seems hopeless until she starts confiding in a camp counselor who sparks a confidence she was sure she'd never feel again. But when she's faced with disappointing setbacks, will Sam succumb to the insecurity that imprisons her?

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