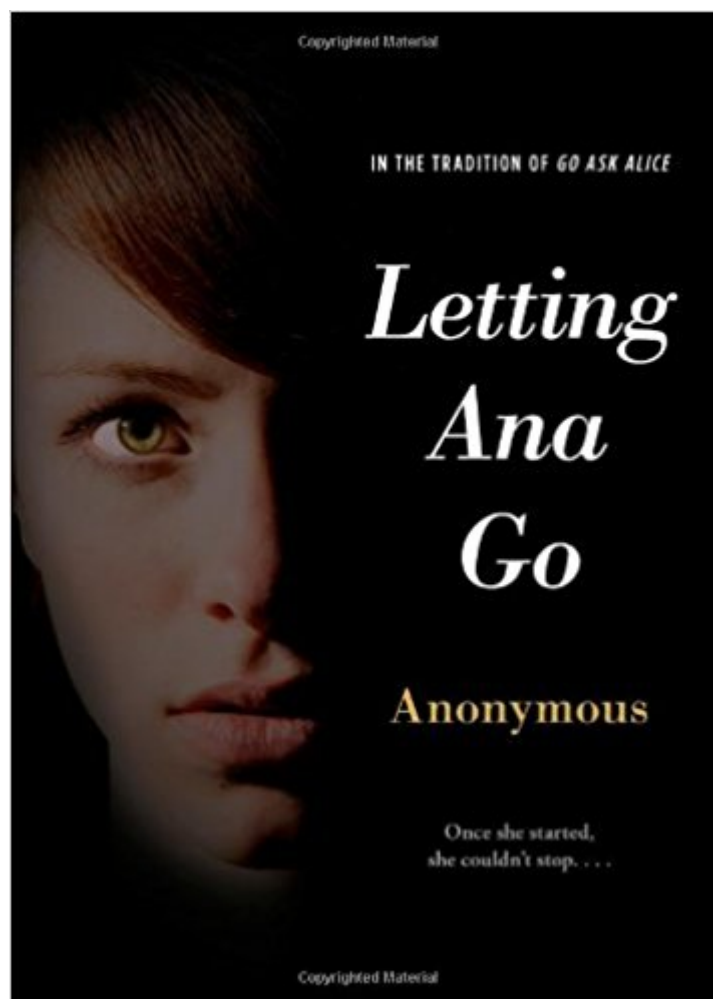


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# Letting Ana Go



## Synopsis

In the tradition of *Go Ask Alice* and *Lucy in the Sky*, a harrowing account of anorexia and addiction. She was a good girl from a good family, with everything she could want or need. But below the surface, she felt like she could never be good enough. Like she could never live up to the expectations that surrounded her. Like she couldn't do anything to make a change. But there was one thing she could control completely: how much she ate. The less she ate, the better she felt. But it's a dangerous game, and there is such a thing as going too far. Her innermost thoughts and feelings are chronicled in the diary she left behind.

## Book Information

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## Customer Reviews

Gr 8 Up-Fans of *Go Ask Alice* (Prentice-Hall, 1971) and Laurie Halse Anderson's *Wintergirls* (Viking, 2009) will gravitate to this compelling account of one girl's battle with anorexia. Asked to maintain a food diary as a part of her cross-country training, the unnamed narrator begins her story as a healthy, well-adjusted teen from a privileged family. Her overweight mother struggles with food issues on a daily basis and receives little emotional support from her husband, who either humiliates or ignores her. Witnessing the deterioration of her parents' marriage, the teen becomes overwhelmed by a flood of conflicting emotions and channels her need for order into restricting what she eats. Through her journal entries, readers witness her gradual descent from self-discipline to denial as she convinces herself that she grows emotionally stronger as she eats less. Readers will

relate to the teen's experiences navigating family dynamics, friendship, and relationships, and the first-person narrative lends realism to her character as it allows access to the reasoning behind her misguided decisions. As real as she appears, however, the prose seems too polished and situations feel staged for dramatic effect. Those seeking an authentic story may be better served reading a harrowing memoir such as Marya Hornbacher's *Wasted: A Memoir of Anorexia and Bulimia* (HarperCollins, 1998).-Audrey Sumser, Cuyahoga County Public Library, Mayfield, OH (c) Copyright 2013. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

Written, organized, designed, and titled in the style of *Go Ask Alice* (1971), this is the predictably bleak tale of an unnamed 16-year-old girl whose interest in losing a few pounds becomes a five-alarm fire of anorexia. The clipped, first-person diary narrative is as much of its time as *Alice* was in its own, complete with such modern devices as a calorie-counting app that the diarist and her best friend use to monitor their weight loss. If you've read books like this before and you probably have you know the drill: "mindful" eating leading to pleasing early results, mistaking people's concern for jealousy, unsettling details (using red marker to circle the "fat" areas of her body), misplaced pride at her discipline ("thinspiration"), breakdown, rehab, and relapse. Parents and coaches receive a good deal of blame for praising the cosmetic benefits of weight loss, heedless of the consequences, which makes this an interesting option for adult readers, too. The anonymous authorship allows for the kind of scared-straight ending rarely seen today but familiar, of course, to those still scarred by *Alice*. Grades 8-12. --Daniel Kraus --This text refers to the Hardcover edition.

Some say this book is only helpful once you're fully recovered, but I would have to disagree with that statement. I found the book extraordinarily beneficial to read while in recovery. The shocking reality presented in this novel helped me solidify my own recovery goals. There's something different in having someone tell you the dangers of keeping your ED and reading the diary of someone who has lived through them. Well-written and realistic, the thought process of the protagonist is on par with how my mind worked in the thickest parts of disordered living, without becoming a trigger.

Well written. Approachable, average characters. Heart wrenching. Not for children though, mature

themes and content. Definitely Going on my shelf!!

There's a lot of bad books on anorexia. This one was pretty good. This is one of the most triggering books I've read, however, so beware.

This is the saddest story I have ever read. I wanted to tell her to start eating. I talked to this young lady with every page and just like she couldn't hear me, she couldn't hear her loved ones. I wish she had. This book made me look at my own child differently. We had to talk after I finished. I hope this book helps all girls, women, boys, and men get through this terrible disease and see themselves the way others see them. I just finished it so I'm still in shock and still saddened by the outcome. I wish that I could rewrite history.

The story is written in a form of a diary and is about an anonymous girl who deals with anorexia. The story was very realistic with sad ending. During the story I was hoping that the girl would get better and see how beautiful she is, however, that was not the case. After I finished the book, I cried for 15 minutes until I could calm down. I really liked the writing of this author, it was written in contemporary language and delivered the feeling that the diary was written by teenager and not by a grown up author. I recommended this book to everyone and especially to teen girls.

I don't have a disorder but related to her very well. I read "Just ask Alice" as a teen. Some terminology was out of date but riveting and heartbreaking. I felt like a teenager again reading this. Do they like me? No do they really like me? Do I look ok? Grow ups do not understand. As soon as I felt I found an answer it changes again. Some idiots say it is the best days of your life so enjoy it. I wouldn't do it again for money. Her story made me cry. Food is her issue but obsession is obsession. Your heart is dead if you read it and don't love her and want to hug her.

This is a really dark, sad book. I love how it was written and the message behind it.

Well written, gritty

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