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# Skinny



## Synopsis

This novel kickstarted a national conversation on weight, beauty, and transformation. In it, we meet Ever, a fifteen-year-old girl who weighs over 300 pounds and is haunted by a voice in her head she calls "Skinny." Skinny tells Ever she is ugly. Fat. Unlovable. And Ever believes her. When Ever makes the controversial choice to have gastric bypass surgery, she does start losing weight and gains the interest of boys...but Skinny is still there, louder than before. Ever will need to confront that voice before she can truly find, and accept, her own.

## Book Information

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Product Dimensions: 0.8 x 5.5 x 8.2 inches

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Average Customer Review: 4.3 out of 5 stars 108 customer reviews

Best Sellers Rank: #385,669 in Books (See Top 100 in Books) #9 in Books > Children's Books >

Growing Up & Facts of Life > Health > Weight #226 in Books > Teens > Literature & Fiction >

Performing Arts #423 in Books > Teens > Literature & Fiction > Social & Family Issues > Self

Esteem & Reliance

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Gr 7-10-In her debut novel (Point, 2012), Cooner offers a fictional account of her own experience with weight-loss surgery. Ever Davies is 15 and overweight-302 pounds on her 5 foot 6 inch frame. She's miserable, compounded by the voice in her head ("Skinny") that tells her constantly that she's is fat, ugly, and unlovable. Ever started eating after her mother died when she was ten. Now her father is remarried to a woman with two teenage daughters. Ever feels like she's living a Cinderella story, but that her prince (childhood friend Jackson) will never see past her obesity to the person she really is. The teenager has great grades, a beautiful singing voice, and a best friend in Rat, a geeky boy who has been loyal to her since elementary school. But her obesity and Skinny's vicious insults depress her. After a particularly humiliating episode at school, Ever decides that she must go

through gastric bypass surgery. Skinny leads listeners through Ever's recovery and realization that a happier life is within her grasp. An interview with the author about her own struggles with obesity concludes the audiobook. Elizabeth Morton narrates, voicing Skinny with an especially evil touch that reflects the self-loathing that Ever must overcome to become truly healthy and happy. This novel will hit home with teenagers consumed with self-image, and adds another dimension to books about teens with eating disorders.-Julie Paladino, East Chapel Hill High School, NC (c) Copyright 2011. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted. --This text refers to the Library Binding edition.

Ever is 15 years old and 302 pounds. She can't go swimming, drive a car, or even walk up the stairs without running out of breath. Weight Watchers, fat camp, miracle diets, a hypnotherapist she has tried it all. But after a chair snaps beneath her in front of the whole school, she decides upon the dramatic and potentially dangerous solution of gastric-bypass surgery. As the weight begins to drop, Ever becomes the pet makeover project of popular Whitney, and this exciting new relationship pulls her away from her ever-loyal best friend, Rat. Debut-novelist Cooner's real-life experience with gastric bypass lends the story an irrefutable authenticity as Ever learns firsthand the gory details of both the surgical procedure and the aftermath of diet changes, nausea, and dumping. Cooner uses Ever's imaginary antagonist, Skinny, to drive home the message that Ever's self-hatred is what is holding her back more than anything else. And while Skinny's attacks aren't incorporated especially smoothly, this remains a crucial text for any teen considering such a life-changing surgery. Grades 7-10. --Daniel Kraus --This text refers to the Library Binding edition.

Services are fantastic thank you

Grade: D-Ever is morbidly obese and Skinny is the voice in her head (her thoughts) who constantly reminds her how fat and ugly she is. She opts for gastric bypass surgery to lose weight with the hopes of getting her crush to fall for her. What's wrong with this premise? EVERYTHING. 1-Ever's weight is not her problem, but a result of her problems. After her mom died when she was ten, Ever started binge eating and gaining weight. Gee, I wonder if there's a connection. Ever's self esteem is awful, and she blames everything on her weight. She's clinically depressed, and overeating is one of the diagnostic criteria for depression. She has zero insight into the sources of her bad feelings, or that her thoughts/voice Skinny probably lives inside of most teenagers with different or similar

words. Why is she blind that poor self esteem is often part of adolescence? Because no one ever takes her to a therapist or a doctor about her weight. No one ever suggests that being a teen is hard for everyone. No one ever tells her anything. First stop, gastrosurgeon. Such a terrible message for young people (or old people).2- The gastrosurgeon does a few tests, asks her what diets she's tried has Ever attend a presurgery lecture then BAM, she's having surgery. Donna Cooner has had gastric bypass surgery, so I don't know why she would put Ever through the paces an ethical surgeon would before performing surgery on a fifteen year old--therapy, nutritionist, exercise trainer, medication etc-- to rule out a surgery with such a high mortality rate on a minor. Additionally, Cooner presents the notion that Ever doesn't have an eating disorder because she's not anorexic or bulimic, although BED, binge eating disorder aka compulsive overeating is the most common eating disorder. The whole premise is irresponsible. Issue YA books have a duty to present an accurate portrayal because teens with these problems will be some of the readers, in my opinion. What's the purpose of presenting a distorted view of a psychiatric and medical problem when the story can be shown in an as or more compelling manner with accuracy. Ever isn't a very likable character, even though at times she's sympathetic. She's judgmental, thoughtless and unkind, often mean for the sake of being mean. Although her behavior comes in part from her depression and low self esteem, I doubt the targets of her unkind words care why they're being hit with Ever's zingers. Briella was my favorite character in SKINNY. Cooner gave Ever a readable voice. She writes great sentences and parts of the plot were quite compelling. The ending felt satisfying, except the corny manner that moved Ever to her emotional grown detracted from my enjoyment. In real life, metaphoric lightbulbs don't magically drop a lifetime of insight into people, causing them to deliver random monologues ending in standing ovations, I'm being slightly hyperbolic. THEMES: Family, friends, stepfamilies, sisters, obesity, eating disorders, gastric bypass surgery I don't recommend SKINNY.

The book was so great I finished it in one day. Evers story is captivating everything she has to go through and what she accomplished. It also has a great love story and an unexpected ending. I love everything about this book.

Skinny may be classified as young adult fiction, but I believe this novel is a must read for anyone who has ever had doubts about themselves and/or where (in society) they "fit in", regardless of how old you are.

This book was moving it touched my heart I think that everyone should read this book because it

really makes you think about body image and self-esteem in general drastically different

I had made the right to chose this book as my summer reading project. This book has everything that a perfect teenager book should have & I feel in love with this book.

It was okay, I would rather just borrow it from the library. I enjoyed the read, but it wasn't my picture perfect story.

My daughter wanted this for one of her Christmas gifts. She flipped out and read the whole thing in 2 days! She really enjoyed it! Delivered on time and clean with no damage.

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