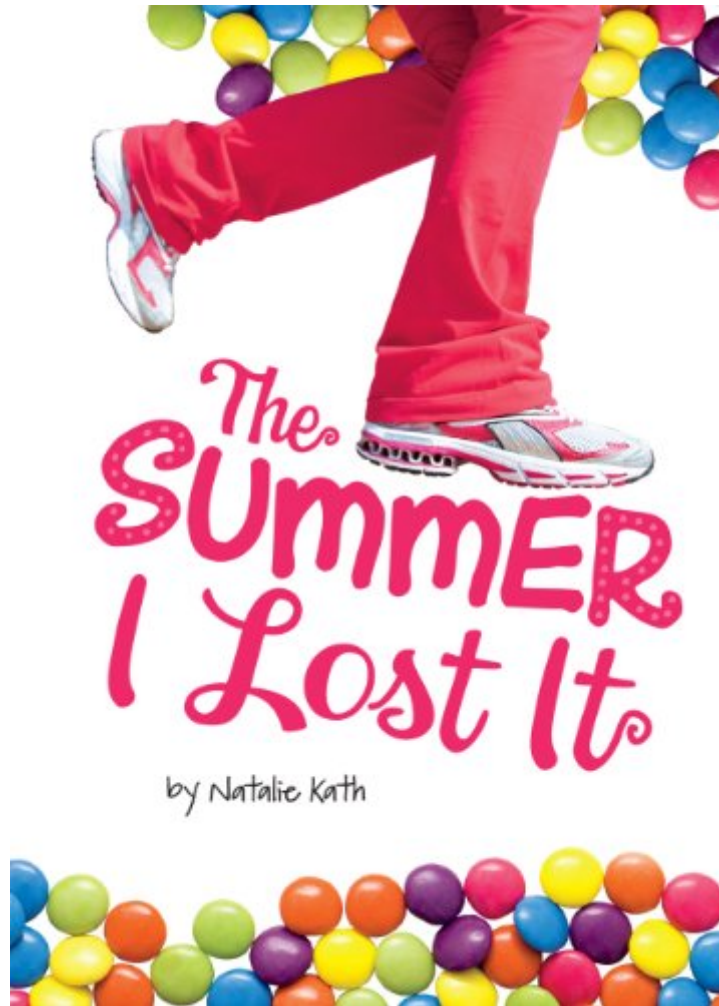


The book was found

The Summer I Lost It (Stone Arch Novels)



Synopsis

Kat is just like other fourteen-year-old girls. Except that this summer, she's taking charge of her life and finally losing weight. But can she do it?

Book Information

File Size: 16193 KB

Print Length: 128 pages

Publisher: Stone Arch Books (April 1, 2014)

Publication Date: October 1, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00ITYUZWC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,411,406 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #87

in Books > Children's Books > Growing Up & Facts of Life > Health > Weight #275 in Kindle

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Hygiene

Customer Reviews

THE SUMMER I LOST IT is a cute, quick read told through the journal entries of a 14-year-old girl named Kat. She's "fat, not just curvy," and she wants this to be the summer she finally slims down and sees what it's like to be the fit girl with the boyfriend. I went into this expecting to follow her to fat camp, as stated in the synopsis, but that's not what happened. It's decided very early on that she's staying home for the summer, and the book is her journal as she works to get fit on her own utilizing a gym membership and better eating habits. I really would've liked the trip to summer camp. Because the pages are filled with her thoughts through a journal, there isn't a whole lot of external plot going on. She's overweight, and works to lose weight. She wishes she had a boyfriend, and thinks she doesn't because of her weight. That said, I did like how and when the potential love interest was introduced. She didn't get super skinny and hook up with the hottest boy in school as a

result, and I can appreciate that. THE SUMMER I LOST IT reads like a real life account of a young girl trying to get fit. I can't imagine that someone without weight issues would be able to relate to Kat much, but do think that a girl considering making changes like Kat would enjoy the read and it could work almost like a self-help book. However, I suppose the girl would have to find the book on her own, as I don't think it's one I'd gift to any pre-teens because I'd be too worried about sending the message that I think they're fat. The back of the book contains healthy breakfast and snack ideas, and a few recipes to help young readers dive into healthy eating. Read more of my YA book reviews at StoryboundGirl.com. Thanks to NetGalley for providing me with a digital copy for review.

I picked up this book (Thank You NetGalley and Stone Arch Books!) expecting a middle grade book about fat camp. I was excited for that prospect. Unfortunately? There is no fat camp - the synopsis is very misleading. (And I would still love a book to match this synopsis!) None the less? This is a pretty good quick read. It is written in a diary format, by Kat a 14 year old "fat girl". The idea is great, she's working hard and losing weight. She has parents who are concerned that she is doing it right, she has a nutritionist and a trainer. She has a love interested. It's all the stuff great books are made of. The writing is great too, I found it fun and at times funny. I was able to read the book in one setting, which is something I can't do often unless the writing is great. My only complaint (aside from the lack of matching the synopsis) is that it was all too neat and perfect. Especially seeing that this book is aimed at young girls, I would have liked to see some struggle for Kat. Because we all know that dieting and eating healthy is bound to have some slip ups, and some frustration. It was just too neat and tidy for my liking. All in all? I really enjoyed this quick read.

My 8 year old girl loves this book so much she wanted to read it again and again. Too bad there aren't any others by this author.

my Eight year old ate this up. It's not brilliant or anything but it sure satisfied her tastes at this stage.

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