

TITLE: Perfect

AUTHOR: Natasha Friend

CATEGORY/GENRE: Realistic Fiction

SERIES: Not part of a series, but the author has written other teen books such as *Bounce*, *How We Roll* and *Lush*

AWARDS: 2007 Isinglass Teen Read Award -- Grades 6-8 (Winner)

SIMILAR BOOKS BY OTHER AUTHORS:

ttyl (Internet Girls, #1) by Lauren Myracle

Skinny by Ibi Kaslik

Purge by Sarah Darer Littman

AVAILABLE: (Online in Libby, at STC Library)

ABOUT THIS BOOK:

This book was not a light-hearted read because it deals with eating disorders, death, and grief. The author portrays the main character in a well-developed and realistic way. Isabelle is a 13 year old girl who deals with what most young girls deal with. She has body image issues and wants to be popular. She is different from other girls her age because her dad has died and she has been unable to process her grief in a healthy way. She has no help from her mom because her mom is not dealing with it well. Her mom is struggling with depression and is barely hanging on so they try to act like everything is ok, but in reality everything is terribly wrong. Isabelle copes with this tragedy by bingeing and purging. The author writes about Isabelle's reality in a way that is non-judgmental and lets you draw your own conclusions. The reader is able to see how Isabelle progresses through counseling and group therapy. She forms a friendship with a girl named Ashley she has met in her group counseling who would definitely be considered a "perfect" girl – but in reality she is far from it. As the story unfolds we see some glimmers of hope for Isabelle as she starts to deal with the harsh realities of her life.

YOU MIGHT LIKE THIS BOOK IF...

...you can identify with body image struggles or want an understanding of what it is like to be a young teen with an eating disorder.