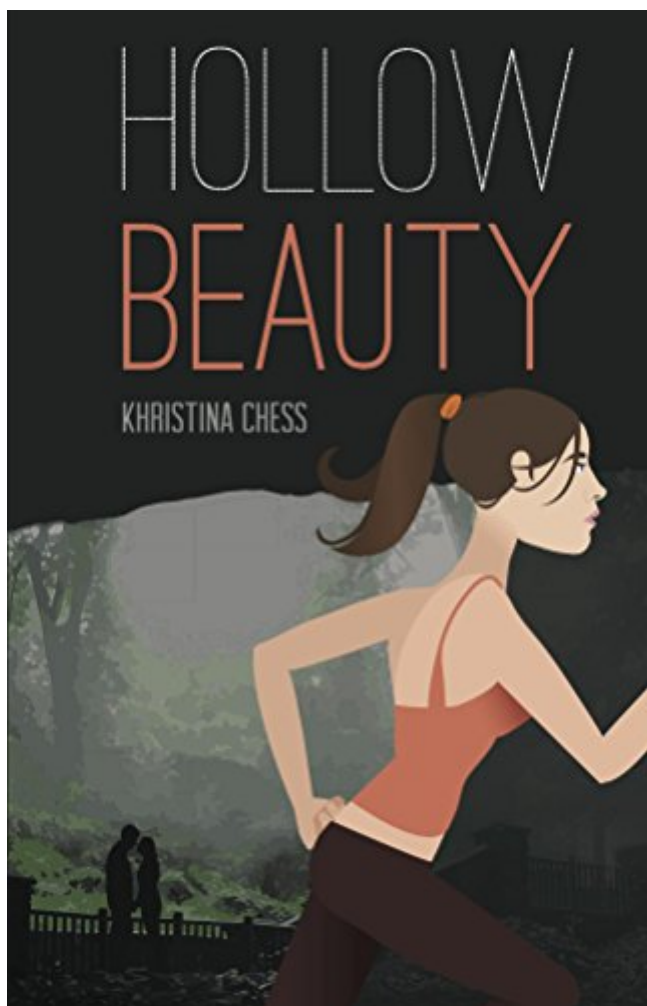


The book was found

Hollow Beauty



Synopsis

When tall, gorgeous Brody asks Olivia to the prom, she's ecstatic until he suggests that she use the two months before the dance to lose some weight. Does he think she's fat? His comment sends Olivia on a spiral of insecurity and dangerously rapid weight loss that borders on anorexia. As her pounds vanish, her friendship deepens with Ross, the new prep cook at the diner where she works. Despite his mysterious limp, he doesn't suffer crippling low self-esteem like Olivia does; usually, she can't even look at herself in the mirror anymore. But when she's riding dirt bikes and searching for caves with Ross, she doesn't feel ugly or fat, just herself again hanging out and having fun. With Brody, instead of finding the romance and true love she had hoped for, she feels like a terrified rabbit that he's going to devour. She refuses to think about that. She's almost thin enough to be beautiful for the prom. And then the unthinkable happens.

Book Information

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Issues > Self-Esteem #623 in Kindle Store > Kindle eBooks > Children's eBooks > Growing Up &

Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect

Customer Reviews

Hollow Beauty invites the reader to explore a young girl's fragile vulnerability to conventional notions of beauty and popularity. Handsome and popular, Brody invites Olivia to the prom, sending her on a difficult path to discover with her own true strength and emotional integrity. Once again, Khristina Chess delivers a novel of quick pacing and strong characters. With each page, we watch a strong, athletic champion lose her self-esteem as she starves herself to gain Brody's approval. The portrayal of Olivia's increasingly destructive eating disorder and growing attraction to her new friend Ross provides a compelling frame for Olivia's epiphany about the true nature of beauty and strength.

This book was well written, losing weight is a struggle in itself, but being a teenager and being a senior on top of that, with lost self esteem, never a good combination. When you read this book, you kinda get a look at what a teenage girl is struggling with, on top of that getting asked to prom by the one you've been crushing on for awhile. And trying to lose weight when you're not overweight, because someone says you would look better if you lost some weight. This book is a must read, I give her a 5 star rating.

I would recommend Hollow Beauty. It gave me a vivid glimpse of what our teenagers struggle with daily. It also started some deep conversations with our teen son and his girlfriend. I thought the book had a great ending. The author did a wonderful job tying everything together. The combination of drama, humor & romance makes for an absolutely fabulous teen book and I found it enjoyable too.

Another great page turner from Khristina Chess. I really enjoyed reading this book and think that with all the body issues that young girls face now that this is an excellent and relevant book. I like the style of writing and the flow makes for an enjoyable read. I can't wait to see what she decides to write next. An up and coming author indeed!

A well written book regarding one girl's experience with disordered eating. As someone who struggled with an E.D. for over 28 years, it resonated. ~ Debra McLain, Author

WTG Chess!!

good book

This book really makes you think about an unspoken problem that has been happening for years to girls, even though it does affect guys too. Olivia was happy with the way she looked and due to one remark made by a selfish guy, she started becoming obsessed with her weight. She even admits how the scale starts to rule her life. Her appearance is fine to everybody else and they try to help her, but everytime Brody makes a comment to her, she becomes more obsessed with losing weight. Joining Blubber Busters online did not help her either, only made things worse. I'm glad that she finally realized that she had pushed things to far and decided to change the direction of her life and even let Ross help her with making those changes. I'm glad that she ended up with the right guy for the right reasons.

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