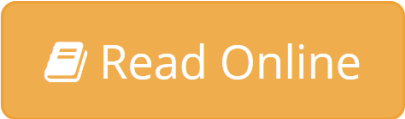


## Letting Ana Go

By Anonymous



### Letting Ana Go By Anonymous

**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—stronger—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.

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### Editorial Review

From School Library Journal

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.

From [Booklist](#)

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

About the Author

A Simon & Schuster author.

### Users Review

**From reader reviews:**

**Vincent Peck:**

The book *Letting Ana Go* can give more knowledge and information about everything you want. Why then must we leave the good thing like a book *Letting Ana Go*? Wide variety you have a different opinion about reserve. But one aim that book can give many facts for us. It is absolutely correct. Right now, try to closer along with your book. Knowledge or info that you take for that, you could give for each other; you may share all of these. Book *Letting Ana Go* has simple shape but you know: it has great and large function for you. You can search the enormous world by open and read a reserve. So it is very wonderful.

### **Raymond Bryan:**

Book is to be different for each and every grade. Book for children right up until adult are different content. As we know that book is very important for us. The book Letting Ana Go was making you to know about other know-how and of course you can take more information. It is rather advantages for you. The guide Letting Ana Go is not only giving you considerably more new information but also to get your friend when you really feel bored. You can spend your current spend time to read your reserve. Try to make relationship with the book Letting Ana Go. You never feel lose out for everything in case you read some books.

### **Michael Gage:**

Spent a free time to be fun activity to do! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the reserve untitled Letting Ana Go can be excellent book to read. May be it may be best activity to you.

### **Ian Hall:**

Letting Ana Go can be one of your beginning books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to get every word into pleasure arrangement in writing Letting Ana Go however doesn't forget the main place, giving the reader the hottest as well as based confirm resource details that maybe you can be considered one of it. This great information could drawn you into completely new stage of crucial imagining.

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