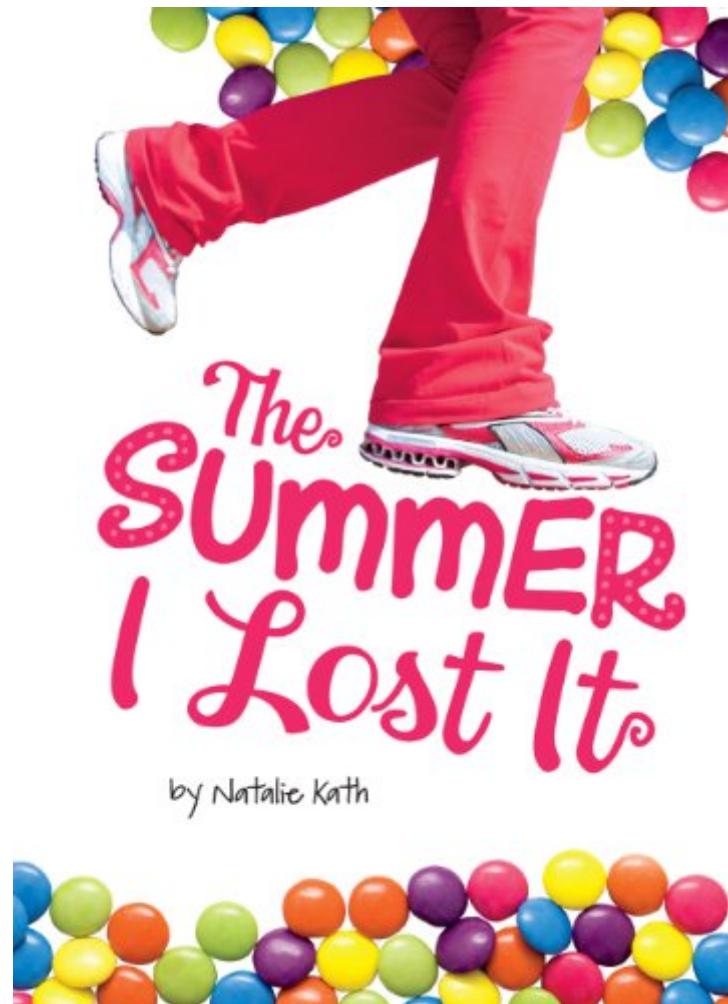


The book was found

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 Store > Kindle eBooks > Children's eBooks > Growing Up & Facts of Life > Health > Personal Hygiene #1123 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal 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.

[Download to continue reading...](#)

The Summer I Lost It (Stone Arch Novels) Vegan Spring Rolls & Summer Rolls: 50 Delicious Vegan Spring Roll Recipes and Summer Roll Recipes (Veganized Recipes Book 10) The Summer Girls (Lowcountry Summer) The Summer Wind (Lowcountry Summer) The Summer Wind (Lowcountry Summer Book 2) Summer by the Sea: a perfect, feel-good summer romance Designing From The Stone: Design Techniques for Bezel Setting in Metal Clay Using the Stone as Inspiration Building Fences of Wood, Stone, Metal, & Plants: Making Fence with Wood, Metal, Stone and Living Plants

Stone Cold (The Alex Stone Thriller Series Book 2) Blood and Stone (The Alastair Stone Chronicles Book 6) F. G. A. Stone: Leaving No Stone Unturned: Pathways in Organometallic Chemistry (Profiles, Pathways, and Dreams) It Began with a Stone: A History of Geology from the Stone Age to the Age of Plate Tectonics Robert B. Parker's The Devil Wins (Jesse Stone Novels Book 14) Gardening Under the Arch: Homespun Hints and Money-saving Tips From the Rigorous High Country of Alberta's Chinook Zone Islamic Remains in Bahrain (JUTLAND ARCH SOCIETY) Qala'at al-Bahrain 2: The Central Monumental Buildings (JUTLAND ARCH SOCIETY) (v. 2) Failaka/Ikaros: The Hellenistic Settlements Volume 3. The Sacred Enclosure in the Early Hellenistic Period (JUTLAND ARCH SOCIETY) (v. 3) La Parabola de la Oveja Perdida (Arch Books) (Spanish Edition) Doce Hombres Comunes(The Twelve Ordinary Men) (Libros Arco / Arch Books) (Spanish Edition) Daniel En El Foso De Los Leones (Arch Books) (Spanish Edition)

[Dmca](#)