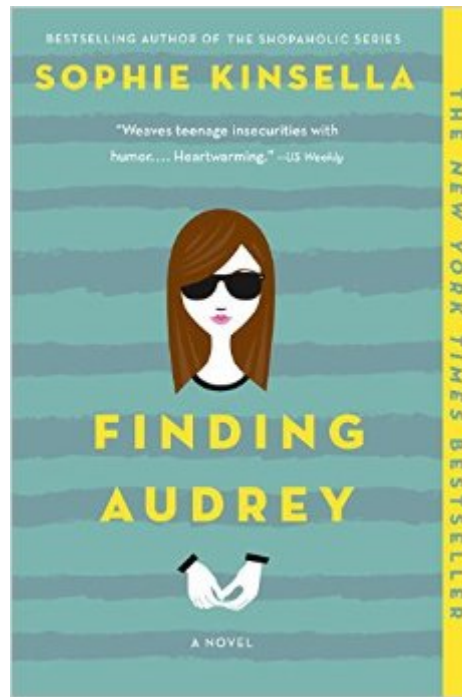


The book was found

# Finding Audrey



## Synopsis

From the #1 New York Times bestselling author of the Shopaholic series comes a terrific blend of comedy, romance, and psychological recovery in a contemporary YA novel sure to inspire and entertain. Audrey wears dark glasses all the time, even in the house. She almost never goes out, doesn't talk to new people, and finds making eye contact to be nearly impossible. But then one day she meets Linus. Linus is her brother's friend and a sensitive spirit with whom she can talk through her fears. He makes her laugh and doesn't leave her feeling like she's being judged. As their friendship deepens, Audrey's recovery gains momentum, and she and Linus begin to develop feelings for each other. But how can they have a future together when Audrey hasn't dealt with her past? And how could anyone ever love her once they've seen her at her worst? An outstanding tragicomedy that gently explores mental illness, the lasting effects of bullying, and the power of friends and loving family to help in the healing. • Kirkus Reviews, Starred • Kinsella's knack for humor and sensitivity shine. • Publishers Weekly

## Book Information

Paperback: 304 pages

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Language: English

ISBN-10: 0553536532

ISBN-13: 978-0553536539

Product Dimensions: 5.6 x 0.6 x 8.2 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars • See all reviews (317 customer reviews)

Best Sellers Rank: #25,932 in Books (See Top 100 in Books) #2 in Books > Teens > Literature & Fiction > Social & Family Issues > Family > Marriage & Divorce #21 in Books > Teens > Literature & Fiction > Social & Family Issues > Depression & Mental Illness #21 in Books > Children's Books > Growing Up & Facts of Life > Family Life > Marriage & Divorce

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

Oh, my heart! I loved this book so, so much - way more than I thought I would. Bottom line: this is my favorite portrayal of a mental illness in a book, possibly ever, and reminds me why I love Kinsella's writing. I've read some negative reviews about Finding Audrey that feel the book is making

light of anxiety, but I really disagree. Audrey's condition is never explained away, and Kinsella isn't condescending toward her MC at all. Instead, Kinsella uses her classic humor to bring levity to what could have been a serious (possibly dull) story. As someone who's struggled with major bouts of anxiety, I appreciated the humor. It reminded me that anxiety doesn't have to be a weight that hangs over you forever - there's still fun and friendship to be had amidst your struggles. What this book offered was hope, rather than wallowing in the mire of Audrey's illness. I also appreciated the honest inclusion of Audrey's irrational feelings. If you've experienced severe anxiety or depression, you can relate to her constant questioning of...- Is this ever going to end? Am I stuck like this forever?- Why can't I just be normal?- Is everyone watching me, thinking I'm a total psycho?- Am I a horrible human being who doesn't deserve life, because, obviously, I can't seem to handle it?- Would everyone be happier and less stressed if I wasn't around? Should I feel guilty about that? I also felt like the depiction of Audrey's "lizard brain" was so accurate, I felt like Kinsella had read my mind. I'll admit I teared up a few times reading Audrey's irrational (but very real) anxieties, as well as her conversations with her therapist, because it was almost like reliving parts of my own life.

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Finding God in the Waves: How I Lost My Faith and Found It Again Through Science  
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Finding Dory (Read-Along Storybook and CD) (A Disney Storybook and CD)  
Ocean of Color (Disney/Pixar Finding Dory) (Step into Reading)  
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