



How It Feels to Fly

Kathryn Holmes

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A struggle with body dysmorphia forces one girl to decide if letting go of her insecurity also means turning her back on her dreams.

Sam has always known she'd be a professional dancer—but that was before her body betrayed her, developing unmanageable curves in all the wrong places. Lately, the girl staring back at Sam in the mirror is unrecognizable. Dieting doesn't work, ignoring the whispers is pointless, and her overbearing mother just makes it worse.

Following a series of crippling anxiety attacks, Sam is sent to a treatment camp for teens struggling with mental and emotional obstacles. Forced to open up to complete strangers, Sam must get through the program if she wants to attend a crucial ballet intensive later in the summer. It seems hopeless until she starts confiding in a camp counselor who sparks a confidence she was sure she'd never feel again. But when she's faced with disappointing setbacks, will Sam succumb to the insecurity that imprisons her?

This compelling story from Kathryn Holmes examines one girl's efforts to overcome her worst enemy: herself.

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