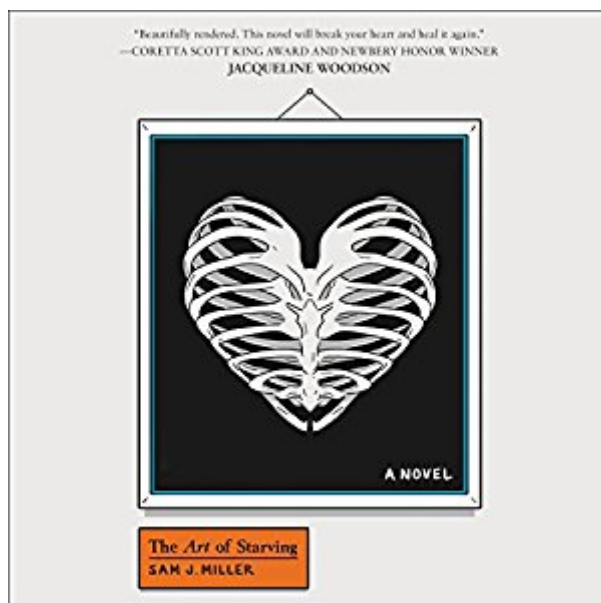


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The Art Of Starving



Synopsis

A darkly funny, moving story of body image, addiction, friendship, and love, Sam J. Miller's debut novel will resonate with any listener who's ever craved the power that comes with self-acceptance. Matt hasn't eaten in days. His stomach stabs and twists inside, pleading for a meal, but Matt won't give in. The hunger clears his mind, keeps him sharp - and he needs to be as sharp as possible if he's going to find out just how Tariq and his band of high school bullies drove his sister, Maya, away. Matt's hardworking mom keeps the kitchen crammed with food, but Matt can resist the siren call of casseroles and cookies because he has discovered something: The less he eats, the more he seems to have...powers. The ability to see things he shouldn't be able to see. The knack of tuning in to thoughts right out of people's heads. Maybe even the authority to bend time and space. So what is lunch, really, compared to the secrets of the universe? Matt decides to infiltrate Tariq's life, then use his powers to uncover what happened to Maya. All he needs to do is keep the hunger and longing at bay. No problem. But Matt doesn't realize there are many kinds of hunger...and he isn't in control of all of them.

Book Information

Audible Audio Edition

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Whispersync for Voice: Ready

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Best Sellers Rank: #153 in Books > Teens > Literature & Fiction > Social & Family Issues > Bullying #305 in Books > Teens > Literature & Fiction > Gay & Lesbian #1322 in Books > Teens > Literature & Fiction > Social & Family Issues > Family

Customer Reviews

The Art of Starving is a great novel! There's never a dull moment. Matt is consistently able to pull you into his world and demand your focus as you read through his twisted rulebook. The use of magical realism mixed with some all too real gut punches sent me on an emotional rollercoaster which I did not want to get off of. I wish I had a book like this when I was Matt's age, but even as an

adult (as weird as it feels to type that), I found it incredibly profound and relatable. Stop reading this review and start reading *The Art of Starving*!

Totally original dealing with some tough topics. Parts were a bit downer. Some were quite funny and others were like, what? Enjoyable read.

What a beautiful book! Strong writing, story and character development. A nice mix of light/happy/loving moments and humor to help balance the darker elements of the story. Highly suggested for teen and adult readers who enjoy both contemporary fiction and speculative fiction. Can't wait to read more from Sam J. Miller!

Truly feels as though the main character Matt personally wrote the book. The dry dark sense of humor helps take the edge off of very serious subjects and keeps you engaged throughout the entire story. It also paints a very accurate picture of a small close minded town.

Brilliant and heartbreaking and wonderful and hopeful.

3.5 stars Matt was planning to leave but his sister Maya beat him to it. The details of her absence are unknown to Matt but it's something that he's working on. He feels it has something to do with Tariq and his groupies and Matt feels he needs to get to Tariq to honestly find out the details. Matt's mother is no help and doesn't seem that concerned over Maya's disappearance. His father, he knows only the details his mother tells him about the man who walked out of his life, the details now are slim. Tariq and Matt run in two different circles, two totally opposite circles and Matt knows that he needs to make a plan, if he's going to approach Tariq. I felt sorry for Matt as he traffics his way through school, his peers jeering remarks stabbing him as they poke fun at his uniqueness. There lies an issue with Matt that consumes him. It's an eating disorder. Matt claims control over this aspect of his life only it's destroying him. As Matt looks at himself, he sees a boy with many flaws, flaws that he feels he can correct by his diet. It becomes a battle as Matt tries to gain control over this aspect of his life. An internal battle, one that will never go away unless Matt decides to tackle it head on. As Matt counts his calories, his self-image doesn't change but he feels he is gaining superpowers with his other senses. These superpowers confused me in the novel as I could understand his feeling of heighten

awareness but the extreme that these powers became, seemed absurd. I started to question Matt and the powers that he said he had. Committed to finding the answer about his sister whereabouts and reading about Matt's struggle with food, I enjoyed this novel. My only concern was about the superpowers and their reasonableness.

If you have teenagers, know teenagers, or ever were a teenager, you should read it. If you've ever been an outsider, or you've ever been lonely, you should read this book. If you've ever felt love and heartache, this book is for you. And if you want to teach someone about empathy, friendship, and self-acceptance, buy. Them. This. Book. Matt lives on the fringe of his school's society. He's aloof, lacks confidence, and is gay. He's convinced himself he's fat and disgusting, and starves himself by counting calories and get away with eating as little as possible. He knows he has an eating disorder, but his research into them only gives him ideas to more effectively hide it from the people closest to him. He's also dealing with bullies, and his older sister, someone he idolizes, has run away from home. Matt is, justifiably, angry. At himself, at the bullies, and at his absentee father, who he blames for causing his sister to leave. All he wants is revenge which is when he discovers the hunger that twists his guts also gives him supernatural powers. And his only thought is to use them to destroy. This is a tough book. It will challenge you in so many ways, and may change the way you think about your own inner demons. It will help open eyes and open minds toward recognizing and embracing the differences and secret pains of others. That is its power. How different, and how beautiful, our world would be if we could take its lesson of empathy to heart.

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