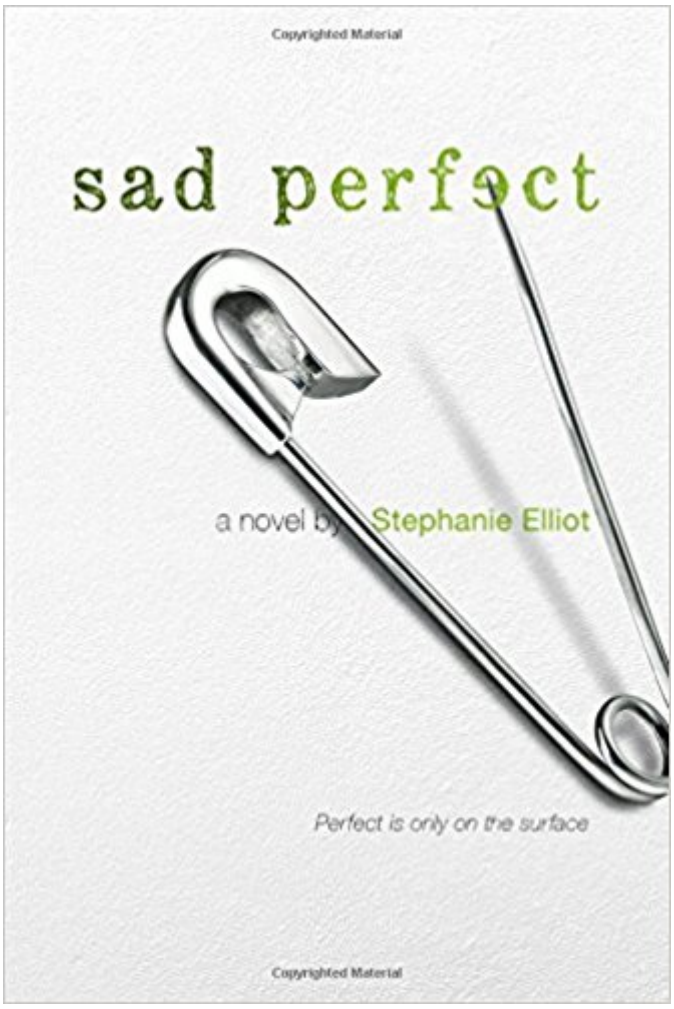
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# Sad Perfect




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## Synopsis

For sixteen-year-old Pea, eating has always been difficult. Some people might call her a picky eater, but she knows it's more than that, and it's getting worse. And now there's a monster raging inside of her, one that controls more than just her eating disorder. The monster is growing, and causing anxiety, depression, and dangerous thoughts.Ã Â When Pea meets Ben and they fall crazy-mad in love, she tries to keep the monster hidden. But the monster wants out, and as much as she tries, she can't pretend that the bad in her doesn't exist. Unable to control herself, a chain of events thrusts Pea into a situation she never imagined she'd find herself in.Ã Â With the help of Ben, her family, and her best friend, Pea must find the inner strength to understand that her eating disorder doesn't have to control her.

## Book Information

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## Customer Reviews

Advance Praise forÃ Â Sad PerfectÃ Â "Elliot's novel helps to fill a gap within teen narratives about disordered eating." Kirkus"A well-written page-turner whose sensitive topic is covered with finesse and grace. This novel would be a worthy addition to a high school library collection." School Library Journal"Diversity in young adult books is finally on the rise, and Sad Perfect fits the bill. It takes an honest look at an eating disorder and mental health issues faced by some teens. Sad Perfect is recommended for libraries serving middle school age and up, where it will appeal to fans of realistic fiction about difficult topics." Voya Magazine"In this heartbreaking and deeply personal novel, Stephanie Elliot elevates the specific to the universal, and chronicles all of our struggles with the demons within. Sad Perfect is a book I couldn't put down and one that will long stay with

me. I loved it."Ã Â Julie Buxbaum, New York Times bestselling author ofÃ Â Tell Me Three ThingsÃ Â "Written in the second-person, Sad Perfect is the spare, hauntingly told story of a teenage girl and the eating disorder that threatens to consume her. You'll be riveted by her story, and by Elliot's careful observations of social media, the healthcare system, and parental neglect. Girls, and boys, will be reading this elegant and sad book for years to come."Ã Â Kathleen Glasgow, New York Times bestselling author ofÃ Â Girl in Pieces"Sad Perfect is a brilliant and beautiful debut. Pea's story of her struggles with the eating disorder ARFID demands to be heard and understood. This book is raw and visceral, yet ringed with the sweet hope of first love and the support of family. I could not put it down." Marisa Reichardt, Underwater"A raw and visceral exploration of a unique eating disorder. Told in the second person, Sad Perfect is a masterfully crafted novel about the struggle for self-love and the healing power of self-acceptance."Ã Â Shannon M. Parker,Ã Â The Girl Who FellÃ Â  empty emptyÃ¢â ¬Å“Elliot's novel helps to fill a gap within teen narratives about disordered eating. . .The entirely second-person narration works, for the most part, to create a personal stake for readers in Pea's journey as well as real empathy for Pea: Ã¢â ¬Ëœ You want to appreciate food. You do. You just don't know how. And you so badly want to learnÃ¢â ¬â„¢. . . [The narrative] treats Pea's mental health struggles with care, nuance, and respect.Ã¢â ¬Â• Ã¢â ¬â ¢Kirkus ReviewsÃ¢â ¬Å“Drawing readers in with a second-person perspective, Elliot delivers prose that is both engaging and appropriately unnerving. . .the author does not sugarcoat the world of ARFID, highlighting its unique characteristics and giving teens a thorough look into PeaÃ¢â ¬Ëœs challenges. . .A well-written page-turner whose sensitive topic is covered with finesse and grace. This novel would be a worthy addition to a high school library collection.Ã¢â ¬Â• Ã¢â ¬â ¢School Library JournalÃ¢â ¬Å“The ending is positive, leaving the reader with hope. Sad Perfect is recommended for libraries serving middle school age and up, where it will appeal to fans of realistic fiction about difficult topics . . . It takes an honest look at an eating disorder and mental health issues faced by some teens.Ã¢â ¬Â• Ã¢â ¬â ¢VOYAÃ¢â ¬Å“Particularly effective second-person narration . . . [implores] readers to empathize with Pea. . . . Fans of Sarah Dessen will be drawn to this uncommon love story.Ã¢â ¬Â• Ã¢â ¬â ¢Booklist

I wrote Sad Perfect when my daughter was going through a 20-week intensive outpatient therapy program for her eating disorder ARFID, Avoidant/Restrictive Food Intake Disorder. This disorder greatly affected every member in our family and caused my daughter to have extreme anxiety and depression. It is our hope that if you are struggling with an eating disorder, anxiety, or depression,

that you know you are not alone, that there is help out there, that all you need to do is ask. We have set up a website for those who think they might have ARFID, and my daughter has a YouTube channel where she talks openly about her experience. While Sad Perfect is fiction, all of the ARFID pieces in the novel are true. Please visit my website, stephanieelliot.com orÃ Â stephanieelliot.wixsite.com/arfid for more information on ARFID. Thank you, and be well.

Sad Perfect made my heart race, the whirlwind of emotions and beautifully written yet complex characters kept me engrossed. Stephanie Elliot introduces the reading world to a disorder that isnÃƒÂ¢Ã â ¬Ã â„¢t well known, called AFRID (Avoidant/Restrictive Food Intake Disorder).Told in second person (which I have never seen successfully done, until now) puts you right into PeaÃƒÂ¢Ã â ¬Ã â„¢s shoes. AFRID has taken control of sixteen year old PeaÃƒÂ¢Ã â ¬Ã â„¢s life, impacting all aspects of her life. It is the monster that lives inside her making her relationship with foods and others less than stellar. Every day is a struggle. Imagine for one minute that youÃƒÂ¢Ã â ¬Ã â„¢re hungry in a visceral sort of away and you are presented with a plate of the very foods you hate the most and you canÃƒÂ¢Ã â ¬Ã â„¢t get yourself to eat itÃƒÂ¢Ã â ¬Ã â •that is life for Pea.Elliot adds a host of other characters, each one contributing to the novel in it’s own unique way, some might say this book is about an eating disorder but they would be wrong because it is about so much more. It’s about deep seated love, the one you get from you parents, siblings, yourself and others in your circle of life. It’s about finding your voice and learning to accept who you are in order to put yourself on the path to heal.Elliot’s debut novel isn’t something you want to miss. I look forward to reading more of her work. She tackled a sensitive subject with sincerity and the voice of Pea is clearly that of a teen girl. The relationship between Pea and her mother is very typical of teen years but the love that lies between the angst is beautiful. This is one book you don’t want to miss.- But you knew it wasn’t going to happen, and that was okay. Because you’d never get that first kiss back, and you knew it would be one of those first kisses that you were going to want to put in a box and take out every day of your entire l life to relive over and over again. - Sad Perfect - Stephanie Elliot

Sad Perfect took me on a journey about a topic I knew nothing about. We get to go inside the mind of a teenage girl who has always been a ’picky-eater’ but who, in reality, has a form of an eating disorder that not very many people know anything about.The author lived through this with her daughter and shares a little bit of what it must have been like to not have any answers for this serious problem. What a relief they must have felt to finally have some answers after all those years

of struggle.Sad Perfect is an informative, insightful look at the hard life of a teen girl trying to fit into what society thinks should be ’normal’. The storyline takes place over a relative short period of time and I know that there had to have been years and years of issues and angst for Pea and her family. The only criticism I might make about this story would be that it seemed to be all tied up neat and tidy at the end and fairly quickly too, when I know that this would be a long process to resolve. On the other hand and to end on a positive note, this is information that needs to get out there for others who may be dealing with the same issues.Thank you, Stephanie, for sharing what you and your family have been through. I know that others will be helped by your story.

I read this book in one sitting. I literally couldn’t put it down. Like Stephanie Elliot, I too have a child with ARFID and the voices she gives to both Pea and her mother are so relatable I found both myself and my son reflected in each of them. I completely identified with the mother - trying to hide your crazy excitement about your child taking a bite of a new food, trying to stay positive for their sake at all times but also trying not to cry out of worry and fear every day over their future, then just breaking down and crying anyway because you hate their eating disorder with every fiber of your being and you can’t stand seeing your child struggle every day with something you can’t save them from. When you are the parent of a child with an eating disorder, it can feel like each day is a roller coaster and it is just a INCREDIBLE gift to read a book like this and recognize that you are NOT alone. My son is still fairly young, so hearing a teenager’s voice narrating what it’s like to live with this ARFID "monster" was also wonderfully eye-opening and helpful.Her characters are completely engrossing - when reading it you are instantly taken back to teenage love and the crazy highs and lows that come along with it. She completely nails the stress that an eating disorder puts on an entire family and how each member copes in their own way with the hidden monster that an eating disorder is. I am unbelievably grateful for Stephanie and her daughter, McKaelen, who the book is dedicated to, for sharing their story and bringing awareness to this commonly misdiagnosed and hugely misunderstood disorder. With more awareness brings more research and help for kids like ours who are struggling. I highly recommend this book and hope it starts to be put on high school reading lists around the country, both for validation for kids with eating disorders and for informing those who love them and care for them!

I really enjoyed this book. Stephanie’s ability to describe all of the senses completely immersed me in this book - the imagery brought every chapter to life.I had never heard of ARFID prior to this book but I believe there could be many people unknowingly suffering from this disease. This book is a

message of hope and courage for everyone that has struggled with an eating disorder.

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