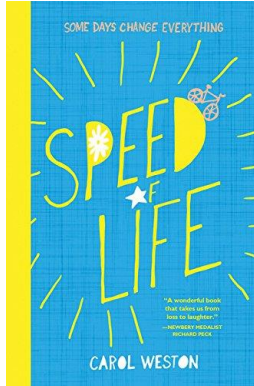


Booklist Review

[Books For Youth](#) - [Fiction](#) - [General Fiction](#)



Speed of Life.

Weston, Carol (author).

Apr. 2017. 320p.

Sourcebooks/Jabberwocky, hardcover, \$16.99 ([9781492654490](#)). Grades 6-9.

[REVIEW](#). First published April 15, 2017 (*Booklist*).

Fourteen-year-old Sofia Wolfe moves through life smiling with friends and hiding the sorrow of having lost her Spanish mother almost a year earlier. The only people she has to talk to are her *abuelo* in Spain, and—regarding girl things—“Dear Kate,” a teen-advice columnist with whom she can anonymously discuss personal matters. When Sofia’s father reveals he’s dating Kate, Sofia initially feels betrayed that he’s moving on with his life when she can’t. But just as things start to gel between Kate and Sofia, Kate’s daughter Alexa and her ex-boyfriend complicate Sofia’s life further. This novel is jam-packed with important, dramatic, and inevitable aspects of adolescence, from pimples to periods to popularity. On top of these concerns are potential developments that could “destroy” Sofia’s life: having to move and attend a new school, becoming part of a blended family, navigating new friendship dynamics, and learning that people you look up to aren’t always who you think they are. The narrative effectively contrasts the diversity of a city environment with that of suburban life, and any opportunity for over-the-top melodrama is tempered by the book’s strong and likable narrator. Weston draws heavily on her years as “Dear Carol” at *Girls’ Life* magazine, creating a solid, affecting tale of maturing and coming to grips with one’s reality.

— *Jeanne Fredriksen*



Booklist Editors Recommend

Titles similar to *Speed of Life*

- *Since You've Been Gone*
- *Sometimes Never, Sometimes Always*
- *Miss Fortune Cookie*