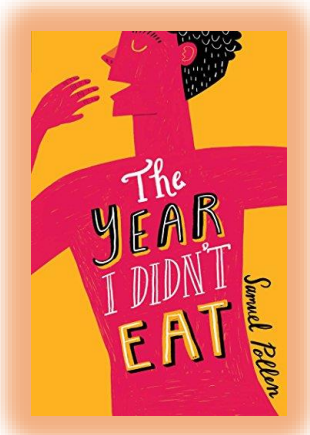


Booklist Review

Books For Youth - Fiction - General Fiction



The Year I Didn't Eat.

Pollen, Samuel (author).

Feb. 2019. 400p. Yellow Jacket, \$17.99 ([9781499808087](#)).

Grades 6-9. [REVIEW](#).

First published December 15, 2018 (*Booklist*).

For 14-year-old bird enthusiast Max Howarth, life is a challenge not only because he has family issues but also because he's anorexic. He thinks about food

16 hours a day, and despite all the knowledge he has about his illness, its grip grows increasingly tighter. His journal—addressed to “Ana,” whose voice taunts him at every turn—is filled with his most intimate feelings about himself and the people and events in his life. Max’s journal entries alternate with the narrative and teem with questions and emotions he can’t otherwise express. One devastating emotion he wrestles with is loss. He feels his eating disorder is alienating him from his best friends. He also blames himself when his older brother moves out of the house and his parents’ relationship shows signs of crumbling. It takes the attention of a new classmate, Evie, to bring Max’s spiraling situation into focus and force him to decide to save his life. Max is a thoughtful, appealing narrator to whom readers will relate, and his story brings attention to an illness most commonly associated with girls and older teens or adults. This no-holds-barred debut novel based on the author’s own experiences as a tween will be a significant addition to any library’s middle-grade or teen collection. — *Jeanne Fredriksen*



Booklist Editors Recommend

Titles similar to *The Year I Didn't Eat*

- [The Art of Starving](#)
- [Believarexic](#)