

Book Review

Books For Youth - Fiction - General Fiction

Suck It in and Smile

By Laurence Beaudoin-Masse.



Tr. by Shelley Tanaka.
Oct. 2022. 328p. Groundwood,
paper, \$17.99 ([9781773068091](https://www.amazon.com/dp/9781773068091)).
Grades 9-12.

[REVIEW](#). First published
October 1, 2022 (*Booklist*).

Ellie, 25, is a top Canadian social-media and YouTube influencer under the handle Quinoa Forever. Her days are consumed by constantly posting pretty pictures and videos of herself eating healthy foods or what she's wearing, whether that's her workouts and postworkout snacks, her most important recipes, or snapshots of her life with boyfriend Samuel—a heartthrob singer. Ellie thinks her glamorous life is complete, but living so publicly takes work and tough skin for this once-unpopular girl who was chided for her weight. In the quest to increase her ranking, gain followers, and attract better sponsors, Ellie reluctantly agrees to let her agent pair her with another influencer for a series of posts and videos. To measure up, she finds herself sucking it up and sucking it in more than ever—and wondering if this is truly the life she wants to be living. This unfiltered look at being a successful influencer strips away the glitz and glitter to show the emotional and physical tolls of fighting for demographics and followers while maintaining overly strict diets and a pristine public persona. Interspersed with Ellie's posts and followers' comments, the story deals with self-esteem, showing that perfection on social media fuels society's unhealthy obsession with appearances. A perfect crossover title for those questioning their worth, just like the author did as a teen. — *Jeanne Fredriksen*



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Booklist Editors Recommend

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- *Holding up the Universe*
- *Pumpkin*
- *My Body in Pieces*