

How It Feels to Fly

Kathryn Holmes

Reviewed by: Antonella Risi, 16

Star Teen Book Reviewer of Be the Star You Are! Charity

www.bethestaryouare.org

Main character Sam knows that she loves ballet and everything about dance, but when her body changes and ends up betraying her, she feels everything is different and in the worst way. After being sent to a summer treatment camp for teen artists and athletes who face mental and emotional blocks, she is determined to make progress in order to go back to her dance and to a crucial ballet intensive. However, opening up and the entire camp, in general, prove to be difficult for her, and with things changing more and more, Sam is not sure anymore about how this camp will go- or about anything she ever knew previously.

When I first read this book when I was 14, I remember loving it and being able to relate to the characters about the insecurities that they faced. I can still say the same now about many more things now that I'm closer in age, and while there are some aspects I cannot relate to, I know other readers who are athletes, artists, or even simply struggling with insecurity can appreciate this book. I would recommend this book for teenagers and older.

Recommended Titles:

All the Bright Places by Jennifer Niven

The Summer of Jordi Perez (And the Best Burgers in Los Angeles) by Amy Spalding

To Be Honest by Maggie Ann Martin