

16 Ways to Break a Heart

Lauren Strasnick

Reviewed by: Xitlalli Santiago, 17

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“16 Ways to Break a Heart,” was written by Lauren Strasnick. It follows the relationship between Natalie and Dan through the letters Natalie sends Dan after their breakup. The letters start off very lovingly, highlighting the start and calm part of their relationship. After, the letters start delving into the dysfunctional part of it, bringing up the fights and betrayals they both caused. Dan is going against the clock, reading all the letters and while simultaneously figuring out what Natalie’s final plan is.

From the first sentence, I was hooked onto the story. It gives you a sense on how the story is going to go. It was interesting to see the dynamic between both the characters and how their very different personalities made them clash together a lot. At times, it felt like I was in the story, watching their dizzying and confusing relationship ultimately unravel. I also really enjoyed reading from both perspectives because it makes me see the relationship from both sides instead of just hearing it from one person.

This book is for teens and young adults. It includes some moments with explicit content. It also includes some moments of physical violence. I would say that you should borrow it from the library. It’s a relatively short book and will be finished quickly.

Recommended Titles:

“Keep Holding On,” by Susane Colosanti

“Will Grayson, Will Grayson,” by John Green and David Levithan

“My Heart and other Black Holes,” by Jasmine Wanga