

# PURGE BY SARAH DARER LITTMAN



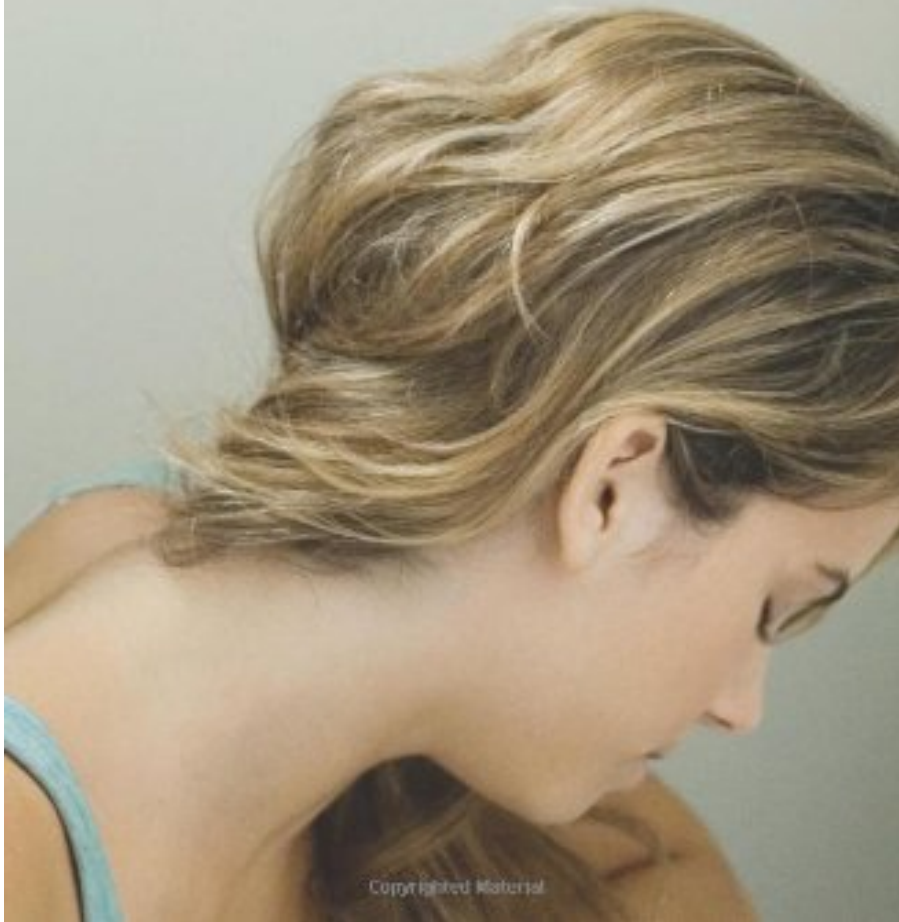
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From Publishers Weekly

Written in first person, including journal entries, Littman's chronicle of teen bulimia unfolds as 16-year-old Janie describes her stay in a rehabilitation center for eating disorders. For Janie, bingeing and purging make her feel in control of a body she hates. After a humiliating scene at her sister's wedding in which her disease is discovered, she tries to kill herself and is brought to the center for treatment. Unfortunately, her stay is predictable and her counterparts come across as clichéd. Janie's recounting of the events leading up to her suicide attempt, however, is entirely relatable and her feelings authentic ("Was there ever a period of time when I was able to love food unreservedly, without thinking of it as 'the enemy' the minute it was in my stomach?"). Most realistic is her friendship with childhood pal Kelsey, and their big fight is devastating, as is Janie's losing her virginity to a boy who treats her badly. Littman (*Confessions of a Closet Catholic*) offers a good, if limited, addition to the resources available for teens suffering with this issue. Ages 12-up.

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From School Library Journal

Grade 8 Up—Stuck with a bunch of Barfers and Starvers, Janie, 16, describes her experiences at Golden Slopes, a rehab facility. Partly dead serious and partly humorous, her narrative slowly changes as she goes from believing that she's almost normal to understanding that she is sick and needs help. Other patients include various girls, an older woman, and a couple of boys, all of whom have wide-ranging issues at the heart of their pain. While other books are more realistic about the time involved in treating eating disorders, Littman provides a sympathetic character and a quick overview of treatment and hopeful progress. Janie moves from denial of habitual bulimia to release back to her regular routine in only three weeks. Her parents are loving, her family is loyal, and her friends are forgiving. The universality of Janie's blindness to her own behavior is clearly portrayed, as is her later insight into her destructive choices. Drinking and sexual situations are necessary to the plot and are described realistically. This is a worthy addition to the current books on the topic for its relatively lighter touch and accessibility.—Carol A. Edwards, Denver Public Library  
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About the Author

Sarah Darer Littman's widely praised first novel for teens, *CONFESSIONS OF A CLOSET CATHOLIC*, won the 2006 Sydney Taylor Book Award. She is also the author of the YA novel *PURGE*. She lives in Connecticut with her family and a house which never seems to have enough bookshelves.

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# PURGE BY SARAH DARER LITTMAN PDF

This striking novel from acclaimed author Sarah Darer Littman is now available in paperback!

Janie Ryman hates throwing up. So why does she binge eat and then stick her fingers down her throat several times a day? That's what the doctors and psychiatrists at Golden Slopes hope to help her discover. But first Janie must survive everyday conflicts between the Barfers and the Starvers, attempts by the head psychiatrist to fish painful memories out of her emotional waters, and shifting friendships and alliances among the kids in the ward.

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- Brand: Brand: Scholastic Paperbacks
- Published on: 2010-04-01
- Original language: English
- Number of items: 1
- Dimensions: 7.92" h x .47" w x 5.40" l, .40 pounds
- Binding: Mass Market Paperback
- 240 pages

## Features

- Used Book in Good Condition

## From Publishers Weekly

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are loving, her family is loyal, and her friends are forgiving. The universality of Janie's blindness to her own behavior is clearly portrayed, as is her later insight into her destructive choices. Drinking and sexual situations are necessary to the plot and are described realistically. This is a worthy addition to the current books on the topic for its relatively lighter touch and accessibility.--Carol A. Edwards, Denver Public Library  
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#### Most helpful customer reviews

8 of 9 people found the following review helpful.

Best in class, but still not great

By M. Garrison

There are a lot of YA books out there set in inpatient psychiatric treatment, especially for eating disorders -- enough so that it's almost a sub-genre of its own at this point. And as books in this category go, this one has a lot going for it -- there are some compelling characters, the book goes well beyond the obvious cliches, and the hospital staff and treatment process are portrayed more realistically than in most books.

All that said, there were two things about this book that I really disliked:

1) A large chunk of the "plot" is just Janie (the main character) not telling the reader things that she knows. Especially when a book is written in 1st person, I find this a really old trick -- there is so much room here for a real plot that there's really no excuse for this.

2) Probably because of the above, the ending seems artificially quick and easy.

10 of 13 people found the following review helpful.

A little superficial.

By T.C.

I know this book is fiction, but as someone who has studied and read up on eating disorders for many years, I feel this book is a little superficial and doesn't really get to the core of why a lot of girls have these disorders. I guess this book is geared more towards young girls, and not really a place to find help and answers. I don't think I'd recommend this book. There are a lot of fictional stories on anorexia and bulimia on the market I would recommend over this one.

6 of 8 people found the following review helpful.

Purge

By Kristi D.

This one has been sitting on my shelf for a long time. I'm not sure why I was so apprehensive about reading it. I think I was scared after reading *Wintergirls* by Laure Halse Anderson. I have to be in a mood for books that drain me emotionally like that. *Wintergirls* was difficult to read, and I don't think I was ready to tackle something like that again so soon.

But *Purge* was a lot different than *Wintergirls*. Besides the fact that it's about Bulimia and not Anorexia, it also very easy to read. Not saying that it was "enjoyable" to read about girls struggling with their body weight, but I enjoyed Janie as a character and I reading her story.

I loved that this was about more than just Janie's struggle, this novel really shows that eating disorders are a universal epidemic. That it's not only girls, there are boys too, that it's not only teens, there are adults as well.

It's heartbreaking to know that the author used her personal experience to write this novel. But I'm glad she shared her experience and hopefully has been an inspiration. Despite the topic of this novel, it had an uplifting message.

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