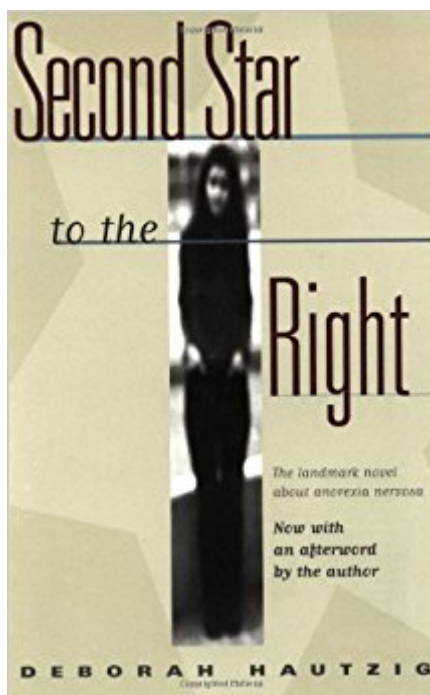


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# Second Star To The Right



## Synopsis

Leslie Hiller is a bright, attractive, talented teenager who leads a privileged life in New York City. She is also a perfectionist. When Leslie starts to diet, she finds herself becoming obsessed, getting thinner and thinner, until she is forced to realize that her quest for perfection is killing her. First published in 1981, this groundbreaking novel has been lauded by countless librarians, educators, and teenaged readers. This new edition features an afterword by the author in which she discusses her own struggle with the disease, the difficult road toward recovery, and the lasting effects on her life.

## Book Information

Lexile Measure: 590L (What's this?)

Paperback: 158 pages

Publisher: Puffin Books; Reissue ed. edition (September 13, 1999)

Language: English

ISBN-10: 0141305800

ISBN-13: 978-0141305806

Product Dimensions: 4.4 x 0.4 x 7.1 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 61 customer reviews

Best Sellers Rank: #464,253 in Books (See Top 100 in Books) #6 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #1735 in [Books > Children's Books > Growing Up & Facts of Life > Health](#) #2240 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

Leslie Hiller's world is growing smaller. It used to be large enough to include her worrisome but loving mother, her doting father, her close friend Cavette, and all the other people and places that made up her upper-class, A+ life. But now it has shrunk to the size of a dinner plate full of food--which she scrapes out her bedroom window to avoid eating. Leslie, a perfectionist who loves to be in control, finds she can't control the fear that she will somehow fail to be the perfect daughter, perfect student, and perfect friend. So she decides to master the one thing over which she is certain she has complete domain: food. Even when it becomes apparent to everyone that her severe

dieting has become a life-threatening habit, Leslie still can't stop: "I want to be happy. And being happy means being thin." Author Deborah Hautzig, who recounts her own painful battle with anorexia in a very personal and heartfelt afterword, gives Leslie a frighteningly realistic voice that will ring true to teens everywhere. First published in 1981, *Second Star to the Right* has risen again to give a new generation of young adults valuable insight into the addictive world of anorexia, and hope for getting out from under the cruel thumb of the disease. (Ages 12 to 15) --Jennifer Hubert

For Leslie, wanting to shed a few pounds leads to self-destructive behavior, in one of the most harrowing stories yet on anorexia nervosa. Ages 12-up. Copyright 1989 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I liked this book a lot as a teenager and it had some influence on my writing. I reread the book as an adult and I have to say I'm disappointed. The book ends with no closure. And no, there was no sequel. The information is outdated, too. Yes, let's blame the mother. It's all mom's fault, and no one else's. The therapists and doctors are totally unsympathetic, and the ending is disappointing. You spend all this time reading, getting in Leslie's head, only to leave the book without a real ending. I'm sure there are other books about this subject out there.

This book was very cheerful, something I wouldn't expect from a story dealing with such a serious subject, and written by an author who was, at the time of the writing, going through her own battle with anorexia. I know the author fought this debilitating disorder for many years, and is therefore well qualified to speak on the subject, but I don't feel she succeeded in giving an in-depth look at the inner turmoil of the anorexic. The fictional subject, Leslie, seems well-adjusted and happy, with a stable home life and an exceptionally close relationship with her mother. However, Leslie does not know where she ends and her mother begins, and herein lies the root of Leslie's problem. Otherwise, we're only given hints as to the other internal problems Leslie deals with. She goes on a diet, which then leads to her totally giving up eating, but we're not really shown the inner process that would explain this result. Leslie has friends and has no problem fitting in. Even the hospital experience is depicted as fun, and she has no trouble making plenty of new friends in the hospital right away. Although it is true that many anorexics look happy and seem popular from the outside, most feel a sense of isolation and disconnectedness that is not revealed within Leslie. The seriousness of the development of anorexia is not adequately portrayed here. This is more of a superficial look at anorexia, with the intricacies of the disorder only implied. Leslie's difficulties are not well-defined,

and the ending leaves us up in the air. The book simply concludes with Leslie's resolve to recover, and we are left with little inkling as to what is really next for Leslie. What was happening in therapy? Was it successful at all? Did she gain any insight into the cause of her condition? This is too simple a story that ends with little resolution. For concerned friends and family members seeking insight, I would recommend *The Best Little Girl in the World* before this one.

I first read this book when I was 12 yrs old and I have continued to re-read it throughout my life (I just turned 30). It became a part of me. When I first read it I was having some eating issues and have on/off my whole life. Not bad enough to be considered a full blown eating disorder but I've def. come close to that. I was very interested in the reviews which said this book was triggering for anorexics. I had never thought of it that way but I can see how ppl would say that. But that being said, I have to say that this book still means the world to me and I identified w/ it on so many levels, not just as far as food is concerned. I think it's a beautiful book that most young girls could relate to. I highly recommend it. Oh and I have never written a review for before, I just was reading some other reviews which were critical and felt I had to defend this book which meant so much to me.

Another library copy without any mention of such in the description. I'm not too thrilled with that. As for the book, it was just okay. I was really looking forward to it, but it was kind of bland. To be honest, I can't remember much about it after reading it. I guess I had hoped there would be more of the fantasy, day-dream, safety-from-reality neverland implied from the title. Not awful though, I sat down and read the whole thing at once. Quick read.

I loved this book, and I don't think it glamorized the subject of anorexia. It isn't possible to present a realistic view of how an anorexia sufferer sees the world without giving the sufferer's justification of her world view. This book doesn't present that distorted world view as being correct, only as being what the author felt at the time, knowing deep inside of her that it wasn't right. Some of the writing at the end, without giving anything away, did a very good job, I thought, of putting anorexia in its proper perspective as a disorder that the sufferer must choose to try to recover from. I thought it was very good.

Good story that does a fine job of revealing some of the possible reasons behind anorexia's development in young girls. The author discusses her own fight with the disease in a very interesting afterword. The novel doesn't really have a clear and definite conclusion, but leaves it

open to the reader's own conclusions based on what events have gone before. The medical and psychological treatment methods are dated, due to the book's being published over 20 years ago, but the story itself is well worth reading for anyone interested in anorexia or young people's health.

So pleased to revisit this story when my young teen asked "What is anorexia?". Great to read the Afterword by the author that was not there when I was a kid.

Great book!

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