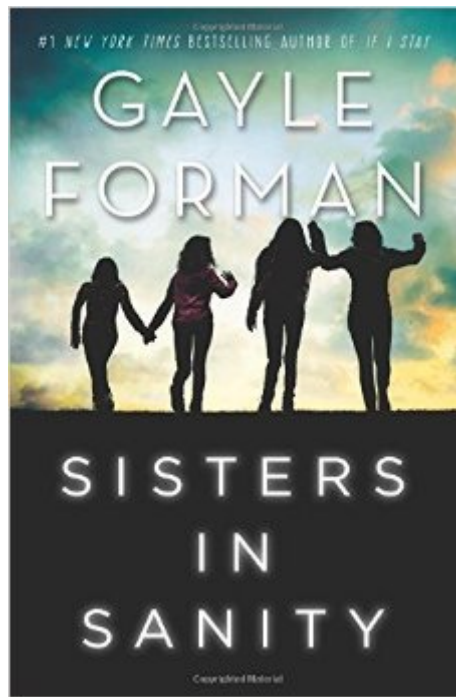


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# Sisters In Sanity



## Synopsis

The very first novel by the #1 New York Times bestselling author of *If I Stay* now has a beautiful new cover. *Sisters in Sanity* is a story of sisterhood and self-discovery that's perfect for fans of Sarah Dessen, Morgan Matson, and Siobhan Vivian. Britt Hemphill doesn't know who she can trust. Her free-spirit mother has disappeared, and her father, once Britt's partner in crime, has remarried and shipped her off to Red Rock, a so-called treatment facility for troubled girls. And the counselors at Red Rock? They're completely insane. Britt's horror at the "therapy" "vicious name-calling and grueling physical labor" is second only to her hatred for the backstabbing patients, who win privileges by ratting each other out. But when V, Bebe, Martha, and Cassie, the four girls who keep Britt from going over the edge, help her sneak out to go see Jeb, her maybe-more-than-friends bandmate, she starts to believe that there may actually be people who can help her "and people that she can help by taking down Red Rocks. *Sisters in Sanity* perfectly captures the feeling of being trapped in a world that refuses to understand you "and fighting back.

## Book Information

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Average Customer Review: 4.2 out of 5 stars See all reviews (55 customer reviews)

Best Sellers Rank: #200,666 in Books (See Top 100 in Books) #44 in Books > Teens > Literature & Fiction > Social & Family Issues > Runaways #99 in Books > Teens > Literature & Fiction > Social & Family Issues > Physical & Emotional Abuse #260 in Books > Teens > Literature & Fiction > Social & Family Issues > Emotions & Feelings

## Customer Reviews

Most of us never have to worry about going on a family vacation, only to find out that we're being unceremoniously dropped off at a boot camp, instead. We have never questioned the imminent arrival of "escorts" who come in the middle of the night and drag us away, kicking and screaming, from our home. We've never wondered what it would be like to be shuffled off by our parents to a

"rehabilitation school" because we're overweight -- or because we might possibly be gay. For Brit, V, Bebe, Cassie, and Martha, however, the above mentioned scenarios aren't just nightmares. They're real events. Welcome to Red Rock, a "school" in the middle of Utah run by the Sheriff, staffed by pseudo-psychiatrists like Dr. Clayton, and guarded by former bouncers with more muscles than brains. This is the place where parents can send their children when they rebel, misbehave, or show antisocial behavior. Red Rock offers such pleasantries as "confrontational therapy," where girls are called names and hounded until they break down and cry, a punishment system where being sent back to Level One status means complete isolation and no shoes, and where the food comes in freeze dried blocks. The problem is that, although there may be a few "students" at Red Rock who really belong in such a school, most of them, like main character Brit, don't. These are teens who may have lost their way, sure, but their behavior isn't anything beyond normal adolescent angst. But what the parents don't know -- and what it's up to the Sisters in Sanity to prove -- is that Red Rock is a place full of fakes who are doing more harm than good.

Sisters In Sanity is the story of Brit, a teenage girl, plays in a band, dyes her hair, isn't her stepmother's biggest fan- typical teenager. So when her dad tells her they're going on a family trip to the Grand Canyon and dumps her at Red Rock, a rehabilitation centre for troubled teens Brit's world is turned upside down. This book infuriated me. Not because it was bad, it was an excellent book but the subject matter and behaviour of the characters was horrifying at times particularly because you know that girls like Brit are being forced into similar situations every day. Brit is diagnosed with Opposition Defiant Disorder otherwise known as being a normal teen in my humble opinion. She is forced into humiliating situations, coerced into participating in confrontational therapy which involves tearing a person's character apart until they crumble and denied any contact with the outside world. It's clear from the word go that Red Rock is a messed up excuse for a therapy centre run by cowboys. Brit comes together with a group of girls who become a vital and stable support system that gets them through the craziness. Each girl has a distinct personality and brings a different facet to the group calling themselves - Sisters In Sanity - they resolve to survive and take down Red Rock. This is a very character driven book and Forman really does an excellent job of shaping each character into a real, fleshed out person. I don't think I've ever had such visceral reactions to fictional people before. Particularly Brit's dad who has to be one of the most infuriating and spineless characters I've ever come across.

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