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Under Rose-Tainted Skies



Synopsis

Norah has agoraphobia and OCD. When groceries are left on the porch, she can't step out to get them. Struggling to snag the bags with a stick, she meets Luke. He's sweet and funny, and he just caught her fishing for groceries. Because of course he did. Norah can't leave the house, but can she let someone in? As their friendship grows deeper, Norah realizes Luke deserves a normal girl. One who can lie on the front lawn and look up at the stars. One who isn't so screwed up. Readers themselves will fall in love with Norah in this poignant, humorous, and deeply engaging portrait of a teen struggling to find the strength to face her demons.

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Customer Reviews

The main character, Norah suffer from Mental illness but some how ends up, catching the new next store neighborhood boy attention. The boy name is Luke and he first notices, Norah from her upstairs window. He comes over and introduces himself but as time goes on, he slowly become aware of

Norah Health. Eventually things happen that lead their friendship to a possible romance relationship, which is when things go bad. Then something major happens to Norah that makes her literally run to Luke's front door and it change everything. But you will have to read the book if you wish to know more about this awesome life changing story. As for the book, I rated it a five out of five stars because I haven't really seen a book like this before. It reminded me something, a Booktuber by the Youtube name of Super Space Chick aka Kristen, once said "that this is not a YA where if Girl follows in love with a Boy, it will magically fix all of her Mental Illness." This book perfectly describes a regular teen awkward romance but at slower pace. A pace that seems healthy for the main female lead and her Mental Illness. I just have to say I love how the professional therapist was written in this book as well. The doctor was written in a very healthy doctor wants to help patient type of way. I honestly wish we all had, more Professional Mental Health Doctors like Norah's in this world. I also wanted to add that this book is a very fast read. The letters are semi big for the writing and the chapters are very short. I think the longest chapter was about four or five pages long which is not really that long. Also the type spacing between the writing was very nice as well. I can't honestly recommend this book enough. I suggest you go buy this book now, take a weekend to read it, because its life changing, especially if your dealing with Mental Illness or have a love one that deals with it. This book will give you such great real life perspective on Mental Health and how people live with it.

I do want to start this review off by saying it was pretty triggering to my anxiety and my compulsive habits. But it was totally worth the read! It also has some other triggers: self harm and eating disorders. I was really torn about the rating for this book. I don't feel like it was exactly a 5 star read, but I really feel like it was better than a 4 star read. If I still did half star ratings it would for sure be a 4.5 star rating. But for the purposes of this review (and Goodreads/) I will be giving it a 4 star rating because I did really like it!! I connected with this book more than I'll be able to put into words, but I will definitely try my best. My connection with Norah is mostly what made me love this book so much. I can imagine that some of the people who read this book thought that Norah's illness was extreme and exaggerated. I wanted to make a point of saying, I know that it is not. I sympathize with Norah so much because I know what it's like to be confined by the thoughts your anxiety provokes. While my own anxiety / panic attacks / depression are not as extreme as what Norah experiences, I do know what that feels like on an internal level. I know what it's like to worry about every little thing that normal people don't understand why it matters. I know what

it's like to be so stressed and have so much anxiety that my body is completely drained and exhaustion just takes over. Norah also suffers from agoraphobia, which I do not personally suffer from but my mom does. I've actually witnessed her reaction to having to leave the house and be around people. So I can definitely speak to the validity of the description Gornall gives for these different experiences. My main point of this review is to try and combat the way of thinking that the things described in this book (and others) aren't valid. I KNOW everyone suffers through their mental illness differently. So there has been some backlash about certain descriptions not being accurate. So I just want to speak for myself only in saying how completely accurate this was FOR ME. I definitely think this book is worth reading for everyone, but only if you have an open mind to what you will be reading. If you can't read this and get a better understanding of what people like Norah (and myself) go through then you shouldn't read this. If you can't read this book and learn something from it, don't read this book. If you can't read this book and feel some type of sympathy for Norah, then you shouldn't read this book. While this is all my personal opinion, I don't think this book should be used as a weapon or made into being a laughing matter. This is very serious content and it does bring truth to what some of us are facing every day. I think the "invisible illness" aspect of the book is kind of what spoke to me the most. The fact that Norah was told multiple times by different people and even people closest to her that she doesn't look sick is completely heartbreaking. I have experienced this as well. Because what does it look like to have anxiety? It might not LOOK like anything to someone from the outside looking in, but at that exact same moment it can be ravaging a person's brain. The invisible part is true, but that doesn't make it any less of an illness than anything else. Lastly, I want to end this review with show love and kindness to everyone. You never know what inner demons they are facing right in front of your eyes.

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